

VIRGINIA AA, DISTRICT 8, HAMPTON

SEPTEMBER 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

6:30 PM @ St Mark's United Methodist Church



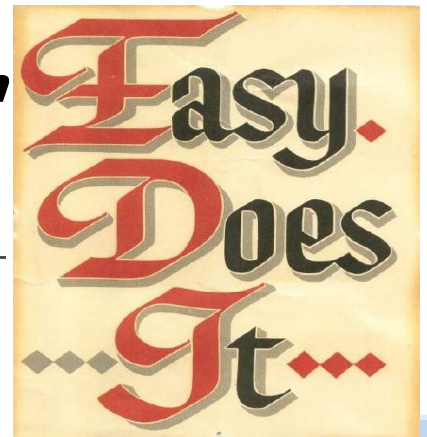
***STEP 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.”***

Step 8

Why Step 9 is Important:

Step 9 requires one to be willing to go to any lengths to make amends, provided they don't end up causing somebody new or additional harm. The individual must be willing to take this step no matter how severe the personal consequences. If making amends requires the person to report a past crime, he or she must be willing to go to jail to complete this step on the road to recovery. The spiritual aspect of the mandate encourages the recovering individual to seek strength and guidance to do the right thing from a higher power and from the others engaged in the program.

Making amends must involve sincere efforts to apologize. The notion of being sincere involves adopting the right attitude before making an approach. One may need to forgive oneself, as well as forgive people for actions done in retaliation. Step 9 should be pursued according to a plan that does not assign blame and allows the person who has been harmed the freedom to respond, even if the response is angry or unforgiving.



#### A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © The AA Grapevine, Inc.

**Step NINE:** With a list of individuals in place, we now need to be very careful. The questions here will help us make amends in the right way and for the proper reasons. In the past, we have tried to apologize or make amends, but often had ulterior motives for doing so. We must avoid this problem as much as possible. Remember, it is also not too late to add people who come to mind to the list. Indeed, the list should be seen as a living breathing one and not a finalized document.

Step 9 Questions :

Have you already made amends to anyone? What did they consist of? Were they sufficient? What did you learn from them?

Am I genuine in making my amends, or do I have hidden motives, such as to gain acceptance or love from someone else, or to prove them wrong and me right?

Am I trying to make the individuals on the list guilty? If so, why? Remember the idea is to make amends and not have the people you harmed console you

Do you feel anger towards anyone on the list? If so, write a letter expressing all your reasons for anger. DO NOT SEND IT.

Figure out with your sponsor how to get rid of that anger. What mechanisms did you use? Did they work?

Write an apology and/or statement of amends for each individual you believe deserves one. DO NOT SEND IT

Try to roleplay at least one process of amends making with your sponsor. Now you should be ready to make amends.

What happened in your first few attempts? What did you learn from them? How can you improve in the future? Remember this is a process and not a single event.

AA History

History: 1955

In July 1955, some 5,000 people attend the second International Convention in St. Louis. President Dwight D. Eisenhower recognizes the occasion with a congratulatory telegram. Among the important events at this 20th anniversary gathering is Bill's presentation on A.A. history and the importance of understanding it. In addition, the second edition of the Big Book is launched. The Al-Anon Fellowship, now four years old, participates in five workshops

# UPCOMING EVENTS

MARK YOUR CALENDARS

Buckroe Men's Group Work Shop start September 7th 9:00 til 10:30 will last til December, require a sponsor and literature. First United Methodist Church 1 Salt Pond Rd.

Wakefield Campfire Conference September 27-29 in Wakefield Va

Website [wakefieldcampfireconference.com](http://wakefieldcampfireconference.com)

District 8 Dance "Dancing Thru the Ages" October 19th at St Marks 99 E. Mercury Blvd speaker at 7:00 and dance 8:00 10\$ donation suggested.

District 8 Gratitude Dinner November 9 at St Marks 99 e Mercury Blvd  
Doors Open 5:00 Dinner 6:00 and speaker 7:00

## 9th Step Prayer



Higher Power,  
I pray for the right attitude to make  
my amends,  
Being ever mindful not to harm oth-  
ers in the process.  
I ask for Your guidance in making in-  
direct amends.  
Most important, I will continue to  
make amends  
By staying abstinent, helping others  
and  
Growing in [spiritual progress](#).

# NOT A GLUM LOT

Name: \_\_\_\_\_

Created with TheTeachersCorner.net Word Search Maker

A T T I T U D E B I A A P O L O G Y H O  
V W M C A G I J G N O I T U T I T S E R  
R P Q S Q L S K G N Q E S W P U B V J U  
J L I C F B A E W C N G G R R Y W V H Q  
D X R U U M W Y H I G D O A D E B K C L  
G H M Y S A T I A R N C U Z F N L X Y O  
A J R T E N Y F R E E G Y A Z B W I N C  
O Y R D N S V O M S C N X B M P S Y E H  
B G H L Z P C A S R A Q E B W I J E S F  
Q N I U C W P P Y E U P M P A C M R R V  
B T W E U T A X O C Q U N U I D W U G W  
K Q S N H W W R G S Z M P Y V I Y J O H  
A P C N D E F E C T S X U Y P Z T N Z I  
Q L H X E M X G O C C R W Y J N U I O S  
J P F O N W M N Z E G E D O C F E V I Y  
Q H C M X B C L L F O M R N F Q X H S R  
H H C A O R P P A E Q M J I N C S M R R  
F K F B M N Q O F D P K A T D R M I P R  
E L X U A T G W X O F O C R N U S B V W  
N E Q G N V F K G H A H T U Q D F L S G

AMEND  
INJURE  
APOLOGY  
PROCESS

APPROACH  
HARM  
DEFECTS  
DEFECTS

DIRECT  
RESTITUTION  
ATTITUDE  
RELIEF