

Step 9: The Positive Power of Making Amends

Blog post by TH., Nov 3, 2024

astoiCSobriety.com

Introduction

Step 9 builds on the hard work you completed on the 8th Step. Did you feel any relief getting your list made, or did you see the list and start becoming anxious about moving to Step 9? Hopefully, the effort you put into becoming willing to make amends helped with the anxiety a bit. We still know this step is one of recovery's most challenging yet liberating steps. It reads: "Made direct amends to such people wherever possible, except when to do so would injure them or others."

We have our list and have become willing, so now it's time to act and make things right. The Stoic Emperor Marcus Aurelius puts it succinctly: "Waste no more time arguing about what a good man should be. Be one." This applies to becoming a good woman as well.

The Stoic philosophers taught us to own our actions and not blame others or external circumstances for our mistakes. Marcus Aurelius often reminded himself that he was responsible for his choices, no matter what happened around him.

By taking the 9th step, we confront our past, acknowledge our mistakes, and actively seek to repair the damage we've done. This process is about saying "I'm sorry" and demonstrating our commitment to change through meaningful actions. As Bill Wilson, co-founder of AA, wrote in "Twelve Steps and Twelve Traditions" on the 9th Step: "A remorseful mumbling that we are sorry won't fit the bill. We ought to sit down with the family, explain the situation, and make restitution if we can."

In the quote above, we can substitute the "family" with anyone on our list, and the intent remains the same. These words remind us that making amends is more than just words; it's about taking responsibility and showing genuine effort to make things right.

The Meaning of Making Amends

Simply put, we do our part to repair the damage we've caused to others through our actions, words, or behavior. This involves more than apologizing; it requires us to address the harm we've done in a way that helps restore trust and rebuild relationships.

There are two main types:

1. Direct Amends: These involve face-to-face conversations where we acknowledge our wrongdoing and attempt to make things right, such as paying back the money we've borrowed, repairing something we've broken, or offering sincere apologies for hurtful behavior.

2. Indirect Amends: Sometimes, taking this action isn't possible or appropriate, such as when it might cause further harm or distress to others. In these cases, we make indirect amends by living differently, showing through our actions that we have changed and are committed to being better.

Sometimes, writing a letter outlining our wrongs is helpful even if we do not send it or symbolically burn it. This can be especially helpful for those close to us who have died before we had a chance to rectify our actions. Living differently is undoubtedly essential but, by itself, can leave our amends feeling incomplete.

Bill Wilson emphasized the importance of being sincere and thoughtful, writing: "Good judgment, a careful sense of timing, courage, and prudence – these qualities we shall need when we take Step Nine."

Why Step 9 Is Important

The 9th is a vital part of the recovery journey because it allows us to clear away the wreckage of the past, freeing us from the guilt, shame, and resentment that have weighed us down. By taking responsibility for our actions, we restore relationships and heal the wounds we've caused in others and ourselves.

Continued, page 3

~September Birthdays~

By the Book

Bobby F.: 30 years

Wholesale Miracle

Annie O.: 39 years

Tuesday Night Step Study

Annie O.: 39 years

Way Out Group, High Springs

John M.: 24 years

Scott B.: 39 years

New Freedom

Jack J.: 23 years

Ken B.: 2 years

Vivian B.: 2 years

Eye Opener

Mark L.: 3 years

Casey K.: 4 years

Dale S.: 40 years

Lawtey PPG

Justin P.: 2 years

Diane M.: 8 years

August 2026 Group Contributions

Eye Opener online \$100

Friday Serenity \$10

North Central Florida Intergroup (NCFI) provides a website, a hotline, meeting lists, and bookstore. We sponsor the Gratitude dinner, help with Founders' Day, participate in the Service Fair and put on workshops. We publish a monthly newsletter and sell medallions and anniversary cards.

It costs about \$2000/month to keep NCFI open. There are 77 groups or meetings on our list in District 14 and the surrounding area.

Two of the seventy seven groups contributed this month. TWO!!

Intergroup was founded at the request of the groups in Gainesville and nearby towns. It is the responsibility of the groups to provide the funds to keep Intergroup open.

Consider sending the basket around a second time for intergroup. Or start thinking about which of the services above your group could live without.

AO

North Central Florida Intergroup

Located at the Land Title Plaza

on the back side of Building 1000

2632 NW 43rd Street

Suite 1182

Gainesville, FL 32606-7551

Telephone: (352) 372-8091

NORTH CENTRAL FLORIDA INTERGROUP, INC (a 501c3 non-profit corporation)

Registration #: CH13265

Expiration date: October 15, 2026

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



Community News



We're off to a slow start with the Gratitude Dinner planning committee. It will meet every two weeks on Sunday at 1pm at the Triangle Club until November, when we will meet weekly until the dinner on November 21.

Newer members and young people are missing at this opportunity for service. Send your sponsees over! We have a need for several committee chairs which requires a commitment to show up for the meeting.

Intergroup will be getting ready to participate in the Service Fair in October. That's a great place to learn about the 12th Step in action.

Ask your group to consider a contribution to my trip to San Antonio to meet with other intergroup office managers. I'll be chairing a roundtable discussion about challenges of running small intergroups.

Let us know what Intergroup can do for you.

Thank you for supporting YOUR intergroup.

AO

NCFI Office Manager

gainesville.intergroup@gmail.com

Positive Power, continued

The Stoic Epictetus focused on learning from errors and seeking to improve one's character rather than dwelling on guilt or shame. He taught that once we recognize our mistakes, we should work to correct them without excessive self-criticism but with a focus on betterment.

Bill Wilson explained this process beautifully: "The spiritual axiom referred to in the Ninth Step is that every time we are disturbed, no matter what the cause, there is something wrong with us." This is consistent with the stoic concept of "dichotomy of control," where we acknowledge the only thing we can control is ourselves.

This means that, as we make amends, we understand that our negative emotions and reactions are often rooted in our past behaviors. By addressing these issues in Step 9 and making things right, we free ourselves from guilt and resentment, allowing us to grow in our recovery.

How to Approach Making Amends in Step 9

Making amends can be daunting, but approaching this step with honesty, humility, and a sincere desire to change is crucial. Here are some practical tips for taking this step:

1. **Be Honest and Specific:** When making amends, we must be clear about the harm we cause. A vague or half-hearted apology won't suffice. Instead, be specific about our actions, how they affected others, and why we are committed to making things right.

Example: Instead of saying, "I'm sorry for everything," you could say, "I recognize that my behavior hurt you, and I deeply regret how I treated you. I want to make it right and rebuild our relationship."

2. **Avoid Defensiveness or Excuses:** It's natural to want to defend ourselves or justify our actions, but the 9th step requires us to take full responsibility for the harm we've caused. This means listening to others without arguing, making excuses, or blaming others for our behavior.

Continued, page 5

Chairperson's Corner



Greetings from Crater Lake National Park, Oregon,

My husband and I have been on the road since August 24. It has been a wonderful journey, but I do so miss my Gainesville AA family!

JP., Alt Intergroup Chair, has been filling in for me...and from what I hear, has been doing an excellent job. I heard that the How to Chair a Meeting workshop went very well, with 35 in attendance. Panelists were C, SW. and KK.

The elections for Intergroup Officers will be held at the October Intergroup Meeting, Sunday, October 25th. In accordance with Intergroup By-Laws, the Chairperson position has a 3-year sobriety requirement. It is also preferred that you have at least 1 year of Intergroup service.

If you are interested in running for Intergroup Chair, or any other position, please make plans to attend the October meeting.

Make plans to attend the upcoming event:

2026 Gratitude Dinner: Saturday, November 21.

In your service,

SGW.

NCFI Chair

**ALCOHOLICS ANONYMOUS**
— SECOND ANNUAL —
TALENT SHOW!

TROPHIES AWARDED

**10/24/26**
4:00PM – 7:00PM

AT THE TRIANGLE CLUB
1005 SE 4th Ave
Gainesville, FL 32601

★ **SIGN UP SHEET FOR YOUR TALENT** ★
— or —
IF NO TALENT, SIT AND WATCH

**SIGN UP SHEET IS LOCATED AT
THE TRIANGLE CLUB
AT THE COFFEE BAR WINDOW**

ONE DAY AT A TIME • ONE TALENT AT A TIME • TOGETHER WE CAN!



— *Featuring* —
G L.
— *ARCHIVIST* —
Dr. Bob's Home

- The History of Dr. Bob's Home
- The History of the Writing of the Big Book

Tickets \$32 Per Person
Includes Box Lunch and Drink
(From Honey Bake Ham Co., choose Ham, Turkey, or Veggie)



Register and Pay with QR Code or
Contact A D.
352-933-6353 | swccd7@gmail.com

Saturday, October 17, 2026
10 AM-3 PM—Doors Open 9:30 AM
Graceway Church
10200 Morningside Drive
Leesburg, FL 34788


*A Benefit for the Preservation of
Dr. Bob's Home in Akron, Ohio*



SOBER SPOOKTACULAR

An AA Halloween Dance & Costume Party

 **BRING SPOOKY FOOD TO SHARE**
 **DANCE & FELLOWSHIP**
 **COSTUME CONTEST**
 **PRIZES AWARDED!**

 **SATURDAY 10/31/26**
6:00PM – 9:00PM

THE TRIANGLE CLUB
1005 SE 4TH AVE
GAINESVILLE, FL 32601

 Join us for a fun, sober evening of connection, laughter & recovery! 

NO ALCOHOL. JUST FUN. JUST FOR TODAY. ♥

Positive Power, continued

3. Be Prepared for Any Response: Not everyone will respond positively to your efforts to make things right, and that's okay. Some people might be angry, hurt, or unwilling to forgive. Just to remind you, the goal of Step 9 is not to receive forgiveness but to take responsibility for your actions. As Bill Wilson put it: "We should be sensible, tactful, considerate, and humble without being servile or scraping."

4. Act, But Respect Boundaries: In some cases, making direct amends might not be possible or appropriate, especially if it would cause more harm or pain. For example, if our actions would disrupt someone's life or reopen old wounds, it's better to focus on making indirect amends by changing your behavior and living a life that reflects your newfound values.

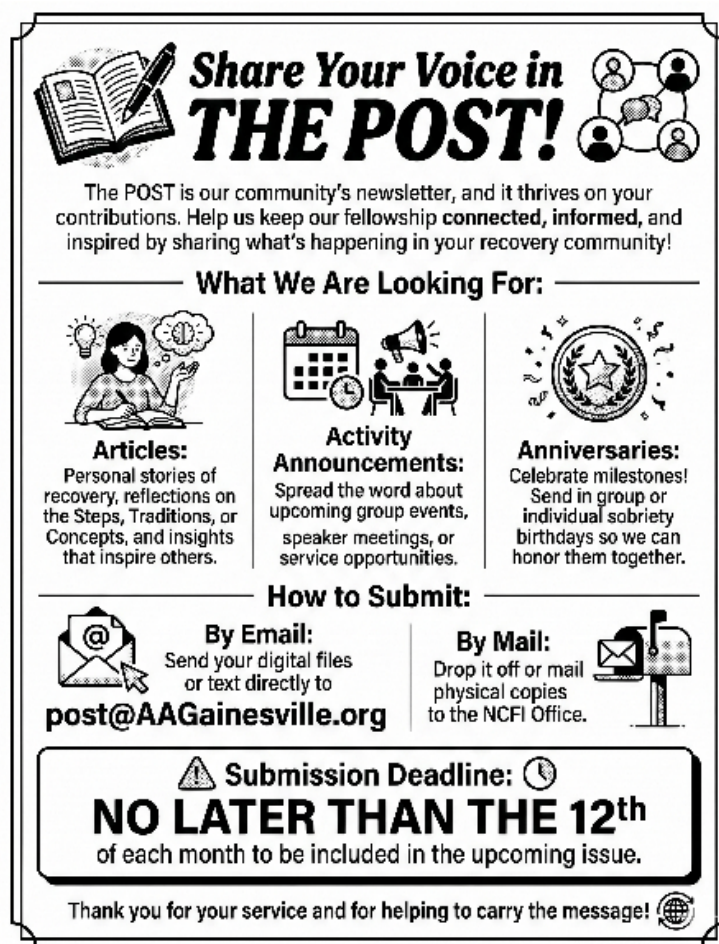
Overcoming Common Obstacles in the 9th Step

Many people struggle with Step 9 because it re-

quires courage, vulnerability, and humility. The Stoic philosopher Seneca reminds us, "He who is brave is free." Be brave, my friend, as there are definite rewards on the other side of action. Here are some common obstacles and how to overcome them:

1. Fear of Rejection or Anger: It's normal to fear how others might react to your amends. You might worry they will reject you, become angry, or bring up painful memories. However, remember that Step 9 is about your willingness to make things right, regardless of the outcome. As Bill Wilson wrote: "The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step 9."

2. Guilt and Shame: Confronting the harm we've caused can stir up guilt and shame. It's essential to remember that Step 9 is not about punishing ourselves but about taking responsibility and making



Share Your Voice in THE POST!

The POST is our community's newsletter, and it thrives on your contributions. Help us keep our fellowship **connected, informed,** and inspired by sharing what's happening in your recovery community!

What We Are Looking For:

 **Articles:**
Personal stories of recovery, reflections on the Steps, Traditions, or Concepts, and insights that inspire others.

 **Activity Announcements:**
Spread the word about upcoming group events, speaker meetings, or service opportunities.

 **Anniversaries:**
Celebrate milestones! Send in group or individual sobriety birthdays so we can honor them together.

How to Submit:

 **By Email:**
Send your digital files or text directly to **post@AAGainesville.org**

 **By Mail:**
Drop it off or mail physical copies to the NCFI Office.

 **Submission Deadline:**
NO LATER THAN THE 12th
of each month to be included in the upcoming issue.

Thank you for your service and for helping to carry the message! 

North Central Florida Intergroup

Monthly Meeting Minutes

August 30, 2026

Meeting Opened with Serenity Prayer

Welcome to new Intergroup Reps: JK, By the Book

Chair Report, SG: SG was not present, but you can always find up to date information from the Chair on the POST under the Intergroup Chairperson's Corner. As a reminder, SG will be rotating out of her position at the end of her term and she encourages anyone interested in being Intergroup Chair to read about the position in the Intergroup Bylaws, Article 7.

Alt-Chair Report, J: J stood as the Chair for this meeting. As a reminder, the workshop on how to chair a meeting has been set for 09/13/2026 2PM - 4PM at Triangle Club. The Gratitude Dinner date has been set! It will be on November 21, 2026. If you are interested in being Alt-Chair for Intergroup, please also review the position description in the Intergroup By-Laws.

Secretary Report, JG: Minutes from July were reviewed and approved.

Treasurer Report, GD.: The Treasurer's report was reviewed and approved.

Committee Reports

Phone Committee, E: Not present. V shared on E's behalf and noted that E is updating schedule. Please reach out to her if you are interested in a position on the phone committee.

POST, J: Birthdays are due the 12th of every month for the next month's issue of P.O.S.T. J will reach out to Intergroup reps to remind them of the submission date. J could use help with articles to be used in the POST. Please send any interesting articles to Jennifer so she can review them for the POST.

Office Manager's Report, A: Not present. As a reminder, A will participate in the Intergroup Central Office AA annual meeting, held in San Antonio from November 6-8. Last year, Intergroup voted to cover A's expenses for this trip. In order to support her travel, please consider providing additional contributions to Intergroup, earmarked for that trip. It is expected that the trip will be about \$2,000.

Website Report, R: The website is up to date!

DCM Report, L, Alt DCM: Thanked everyone for their participation in events hosted by District and thank you to the Triangle Club for hosting so many of the spaces. L encouraged members to support the Lost and Found club in Ocala, as they also hold many interesting events and activities and have supporting the workshops that our District has coordinated. Next year, the Florida State Convention will be held in Fort Lauderdale. Registration is open and you can find more information at: <https://69.floridastateconvention.com/>

The Service Fair will be October 17 from 1-3pm at the Triangle Club. Call MC or L for more information.
 The 2030 International World AA Convention will be held in Saint Louis, MO. GSO is asking people to submit ideas for the theme of the convention. Please send your ideas to 2030ictheme@aa.org by October 9, 2026

Old Business:

New Business: M was present and discussed the need to begin planning for the Gratitude Dinner. The first planning committee will be held on Sunday, September 6 at 1pm at the Triangle Club. Planning meetings will be held every other week, until November. There are many opportunities to do service, so please come to the meetings to learn more!

NCFI Treasurer's Report

Treasurer's Report August 2026

	Current	Year to Date		Current	Year to Date
Sales	\$1,773.09	\$10,989.99	Service Expenses		
Tax Collected	\$133.00	\$812.89	Literature Purchases	\$698.66	\$9,051.52
Card Use Fees	\$5.50	\$104.50	Mailing POST	\$0.00	\$162.17
			Printing POST	\$0.00	\$885.74
Total Sales Revenue	\$1,911.59	\$11,907.38	Website Hosting	\$16.49	\$114.42
			Alkathon	\$0.00	\$366.82
Grateful Givers	\$90.00	\$1,060.00	Other Service Expenses	\$0.00	\$557.50
Group Contributions	\$200.00	\$7,262.69	Total Service Expenses	\$715.15	\$11,138.17
Roundup Contributions	\$57.55	\$337.91			
Other Contributions	\$3.00	\$1,007.00	Fundraising Expenses	\$0.00	\$80.95
Total Contributions	\$350.55	\$9,667.60			
			Fundraising Income	\$0.00	\$0.00
Interest	\$36.26	\$259.71			
Electronic Payment Fees	\$9.85	\$155.90	Transfers From Business Shares	\$0.00	\$1,000.00
Insurance	\$0.00	\$1,821.54	Total Income	\$2,262.14	\$21,574.98
Internet	\$94.41	\$718.73	Total Deposits	\$2,262.14	\$22,574.98
Montly Meeting Rent	\$40.00	\$180.00			
Office Expenses	\$19.98	\$558.10	Transfers To Business Shares	\$0.00	\$2,800.00
Office Rent	\$350.00	\$2,800.00	Total Expenses	\$2,497.71	\$30,269.34
Payroll Taxes	\$0.00	\$459.00	Total Withdrawals	\$2,497.71	\$27,469.34
Postage	\$9.71	\$43.71			
Printing	\$0.00	\$24.30	Gain/Loss	-\$235.57	
Salary	\$825.67	\$7,651.34			
Sales Tax	\$85.66	\$698.67	Checking	2117.61	
Telephone	\$287.28	\$2,899.63	Business Shares	3308.21	
Other Expenses	\$60.00	\$1,039.30	Certificate Of Deposit	10532.28	
Total Overhead	\$1,782.56	\$19,050.22			

Become a **GRATEFUL GIVER**



A **Grateful Giver** is an AA member who contributes monthly to North Central Florida Intergroup with grateful memory of just how much was spent on alcohol at the bar or liquor store.

By making automatic payments through the bank, Venmo or paypal we don't even have to think about it! It couldn't be easier!



PayPal
INTERGROUP



venmo
DISTRICT 14

Accepted Payments:

Check payable to NCFI, Cash,
Credit Card (fee waived), PayPal, or Venmo

7th Tradition Addresses

North Central Florida Intergroup

2632 NW 43rd St, Suite 1182
Gainesville, FL 32606-7551
(Checks payable to NCFI)

North Florida Area Assembly

PO Box 840066
St Augustine, FL 32080
<https://www.aanorthflorida.org>
(Checks payable to NFAC)

North Florida District 14

P.O. Box 357254
Gainesville FL 32635-7254
(Checks payable to North Florida District 14)

General Service Office

PO Box 2407
James A Farley Station
NY, NY 10116
(Checks payable to GSO)

District 14

Business Meeting Minutes

September 9, 2026

Opening The meeting opened at 6:30 p.m. with the Serenity Prayer and introductions.

Approval of Minutes The August minutes were reviewed. A motion to approve the minutes was made and passed.

Treasurer's Report Opening bank balance: \$14,650.61. Closing balance: \$13,671.67. The new prudent-reserve CDs are earning approximately \$17.00 in interest. See the Treasurer's Report in this POST for additional information. A motion to approve the report was made and passed.

DCM Report District 14 elections will be held at the October 14 meeting at 6:30 p.m. Members were encouraged to consider standing for service positions and committee chair positions. Area Assembly and elections for the next panel will take place October 2–4. Third Legacy voting is always an experience. GSRs and alternate GSRs may vote online and should be in the online waiting room by 8:45 a.m.

Florida State Convention The 68th Florida State Convention welcomed approximately 3,000 attendees and featured wonderful speakers. The 69th convention will be in Fort Lauderdale, and the 70th will return to Jacksonville. Alternate DCM and Liaison New alternate GSRs and GSRs were welcomed. Three newcomers were present and received information.

The Around the Service World service fair will be held October 17 from 1:00–3:00 p.m. at the Triangle Club. Planning is underway.

Committee Reports See the District 14 Service Committees section of this POST for meeting dates, times, and locations.

Accessibilities Cedar Crest HCA Rehab is being considered for a weekly Monday meeting at 2:30 p.m. A How to Chair a Meeting workshop will be held Sunday, September 13, from 2:00–4:00 p.m. at the Triangle Club. The committee will have a table at the service fair.

Archives The committee is preparing for the October

17 service fair with a small display, trivia board, information flyer, group-history questionnaire, and candy. About one-third of District 14 groups have submitted their histories.

Corrections The alternate chair is handling the prison position. Volunteers and book donations are still needed for the different Department of Corrections areas. Incarcerated women are seeking sponsors and AA pen pals. Members shared powerful stories about their own release and what AA meetings did for them.

CPC PI Zero Hour Life Center held Together We Rise on September 5 at the MLK Center, and District 14 attended in support. UFHealth Florida Recovery will hold its annual Run for Recovery at Depot Park on Saturday, September 19. The committee will also be at the service fair with information.

Grapevine Next month's AA Grapevine will focus on sponsorship, with members sharing the joys and challenges of sponsorship. The committee discussed a suggested structure and roles, which are not currently established.

Literature The Fifth Edition of the Big Book is expected in 2027.

Treatment AA meetings are carried into seven facilities, averaging 42 meetings each month. Grace Marketplace was also added.

Intergroup The Gratitude Dinner will be held November 21. Planning meetings are scheduled for September 6 and 20, October 4 and 18, and November 1, 8, and 15. Service opportunities are available. Annie O. will attend the Intergroup Central Office AA annual meeting in San Antonio, November 6–8. Elections for Intergroup chair and alternate chair are upcoming.

GSR News The Tuesday-night step study restarted the Steps and invited members to join. Next Right Thing NRT moved to Meizon Church; its meeting days and times remain unchanged.

Upcoming Workshops See the POST and aagainesville.org events for more information.

Old Business GSRs and alternate GSRs returned after reviewing the Proposed Agenda Item with their home groups. The proposal was explained for new members. A motion was made, seconded, and passed. The DCM will send it to the Delegate by the deadline for the 2027 General Service Conference.

New Business A motion was made and passed to roll over both prudent-reserve CDs at the end of each three-month term, as before.

Closing The meeting closed with the Responsibility Pledge.

DCM Corner

The past few months have been hot—and not only because of the weather. With September and fall coming, we have faced changes and the challenges and rewards of learning our history, understanding our service process, and moving forward more effectively.

District 14 Elections District elections will be held October 14. Please encourage your group to elect a GSR so your group's voice is represented at District. Members are also invited to stand for District committee chair and alternate chair positions.

Around the Service World Our service fair will be held October 17. Come learn what our committees do and how you can become part of them. Each group has an opportunity to have a representative serve on one of our committees.

Our committees are Accessibilities, Archives, CPC/PI (Cooperation with the Professional Community and Public Information), Corrections, Grapevine, Literature, and Treatment.

District Contributions Unlike many other districts, District 14 supports these committees directly through group contributions. We have been meeting our budget each month, but last month District 14 received only \$15 in contributions. Please consider discussing support for our District and its committees during your group conscience.

The Working District Each month, our committees carry approximately 30–40 AA meetings into seven facilities. We also work with the Department of Corrections in our District and surrounding districts. This service is one reason District 14 is known as the working district.

Area 14 Assembly Elections Elections for the next Area 14 panel will be held during the October 2–4 Area Assembly using the Third Legacy Procedure. We will elect our Delegate—our voice at the General Service Conference—and the other Area officers who will serve for the next two years. It is something you do not want to miss.

Concept IX "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees."

I am glad to announce that District 14 respectfully approved and submitted our Proposed Agenda Item for the 2027 General Service Conference. It was submitted in the spirit of improving our process while continuing to support our Delegate and trusted servants.

Thank you for allowing me to be of service.

CD., DCM

District 14 • Area 14 • Panel 75

cecild14@yahoo.com • 904-263-6640

amends in a way that promotes healing. This process transforms our guilt into a positive force for change.

3. Resentment: You might still resent those you've hurt or believe they contributed to your problems. It's crucial to let go of these feelings and approach Step 9 with humility, recognizing that our goal is to make things right, not to assign blame.

The Impact of Making Amends

Completing the 9th Step can be one of the most transformative experiences in the recovery journey. We rebuild trust, restore relationships, and create a sense of inner peace by taking responsibility for our actions and making things right.

For me, the most significant impact of completing Step 9 was releasing guilt and resentment. By addressing the harm we've caused, we free ourselves from the heavy burden of guilt and resentment. This allows us to move forward with a lighter heart and a clearer mind.

The healing of relationships is also a key benefit. Although all our 9th step work may not have been well received, some bridges were likely repaired, which opened the path to additional healing. Taking responsibility is the first step toward healing, even if it does not occur immediately. I have experienced poorly received attempts, only to have the person reach out later after processing the encounter and express their appreciation for my actions.

Finally, Step 9 reinforces the principles of honesty, humility, and accountability essential for long-term sobriety. By facing our past and making things right, we build a solid foundation for our continued growth in recovery. The feeling of courage, facing fears, and completing the effort is a considerable reward and confidence builder.

Preparing for Step 10: Continuing the Journey
Step 9 isn't the end of the process; it's a stepping stone to ongoing personal growth and recovery. After making amends, we move on to Step 10, where we continue to take personal inventory and promptly admit when we're wrong. This helps us maintain our progress and avoid repeating past

mistakes. As Bill Wilson wisely noted: "We must make every effort to maintain this new attitude, for it is only by continually examining ourselves and our motives that we shall avoid slipping back into our old ways."

Also, as we move forward, it is helpful to remember this bit of wisdom from Marcus Aurelius: "If it is not right, do not do it; if it is not true, do not say it." If we can practice this diligently when taking our personal inventories, we can keep the clutter to a minimum. By working on Step 10 and heeding Marcus's advice, we ensure that our positive changes become lasting habits, allowing us to continue growing and evolving in our recovery journey.

Conclusion

Step 9 is a crucial part of Alcoholics Anonymous's journey. It requires us to face our past with honesty, humility, and courage, making amends to those we've harmed and demonstrating our commitment to change. While this step can be challenging, it offers a path to healing, growth, and inner peace.

For the Stoic philosophers, making amends wasn't a ritualized process but an aspect of living a virtuous life by recognizing errors, taking responsibility, and acting justly moving forward. Their teachings align well with making amends in recovery by focusing on personal growth and striving for a better way of being.

As we work the 9th step, we learn to let go of guilt, shame, and resentment, creating space for forgiveness, understanding, and compassion. This process helps repair our relationships with others and allows us to heal and grow as individuals. Bill Wilson's words offer a powerful reminder of the importance of Step 9: "The willingness to do this Step entirely separates the men from the boys."

By taking the 9th, we demonstrate our readiness to embrace a new way of living, free from the burdens of the past. It's a journey of courage, honesty, and transformation that brings us closer to the person we aspire to be – a person capable of making things right and building a life of integrity, humility, and compassion.

AROUND THE



— SERVICE FAIR —

OCTOBER 17TH
1:00 PM – 3:00 PM

AT THE
TRIANGLE CLUB



Get your passport stamped
at each committee's table
and discover all the ways
you can be of service!



FOOD • FELLOWSHIP • SERVICE

DISTRICT 14 SERVICE COMMITTEES

ALL COMMITTEES ARE LOOKING FOR NEW MEMBERS

COMMITTEE	WHEN	WHERE
 ACCESSIBILITIES	6:00 PM 3rd Thursday of every month	Triangle Club 1005 SE 4th Ave
 ARCHIVES	6:00 PM 1st Tuesday of every month	Triangle Club 1005 SE 4th Ave
 CPC/PI	8:30 PM 2nd Thursday of every month	Contact: cpcpi@eagainseville.org
 CORRECTIONS	6:00 PM 3rd Tuesday of every month	Zoom link available on eagainseville.org/ district-14
 DISTRICT 14	6:30 PM 2nd Wednesday of every month	Westminster Presbyterian 1521 NW 34th St
 GRAPEVINE	6:30 PM 1st Monday of every month	Triangle Club 1005 SE 4th Ave
 INTERGROUP	1:00 PM Last Sunday of every month	Triangle Club 1005 SE 4th Ave
 LITERATURE	5:45 PM 1st Thursday of every month	Spirit of Truth 4055 NW 43rd Street
 TREATMENT	5:45 PM Last Thursday of every month	Triangle Club 1005 SE 4th Ave

YOUR SERVICE MATTERS. AA WORKS WHEN WE WORK TOGETHER.

Women's Big Book 4th Anniversary Meeting December 7

Food and fellowship at 5:00 PM

Speaker at 6:00 PM

Guest speaker M will share her experience, strength, and hope.

Spaghetti and meatball dinner,

Please bring a dessert

Christmas Jammies are welcome.

St. Joseph's Episcopal Church
16921 West Newberry Road
Newberry, FL
32669