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AUGUST 2019



Welcome to our new Heartland Intergroup Chairperson
Joanne B!!!!



HEARTLAND INTERGROUPER

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Office Hours: Monday – Friday 9:00am – 5:00pm, Saturday 9:00am – 12:00pm

Each day that your Group participates in the work of our local AA services, whether through who "contribute their time" or Group Contributions, or Sobriety Contributions, something wonderful happens in AA. When a newcomer calls us and finds your meeting, it is deed a miracle. Your contributions show that you care about the services we as a Fellowship provide and continued hope for the newcomer that reaches out for help. Words cannot fully express the deep gratitude about the energy that your AA Group devotes into carrying the message of hope to the still suffering alcoholic.

A Pre - Eighth Step Prayer:

*"God, Please remove my Fears and show me your truth. Show me all the harms I have caused with my behavior and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol."
(76:3)*

Step 8 Prayer

Made a list of all persons we had harmed, and became willing to make amends to them all.

Heavenly Father, I ask Your help in making my list of all those I have harmed. I will take responsibility for my actions, and begin to clear my past mistakes. Grant me the willingness to begin my restitution. Amen.

Step Eight of AA Alcoholics Anonymous is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves. By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

Here's how it works

Step 8 is mostly about identifying the damage you have done to others and listing those names. It doesn't matter if the harm you caused was from selfishness, carelessness, anger, arrogance, dishonesty or any other character defect... it doesn't even matter if you didn't intend to cause harm.

You are going to make a completely thorough list, considering all the ways in which it is possible to cause harm to another person. Some situations are really obvious, for instance if you stole money from a person or business, or if you exhibited physical or emotional abuse.

The names on your list could be people you bullied, cheated on or treated coldly. Whether they are living or dead or will want to hear from you or not, it doesn't matter. You are just making a list.

Step Eight of A: Just Put It On The List!

Before you can rebuild relationships, you need to identify the relationships that were damaged. That's why you are making a Step Eight list. You get to take responsibility for your own part, not someone else's, and to clean up your side of the street.

This is not a list for you to keep in your head; it's the kind that you need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. You have already catalogued your character defects and moral inventory, and now you're going to examine some of the same situations from another angle and perspective.

For your 8th Step list you should include every name you think of, even if you're not sure that you owe any amends in that particular situation.

You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior.

When you feel it's pretty thorough, take the list and break it into 4 categories with your sponsor:

1. People to make amends to now. *Once on a good sober footing.*
2. People to make partial amends to in order to not injure them or others.
3. People to make amends to later.
4. People we "may" never be able to make direct personal contact.

You're going to get to practice the principle of courage while working the Eighth Step because you can't restrict your list only to those amends that you think will turn out OK. Remember to be incredibly honest, even if what you discover in the truth is painful to accept. As one of the AA old timers in my home group liked to say " *The truth is gonna set you free, ...but at first it may sting a little bit.*"

Forgiveness and a Bunch Of Cool Spiritual Principles

"There is no love without forgiveness, and there is no forgiveness without love."

– Bryant H. McGill

Spiritual principles abound in Step 8. Forgiveness, honesty, courage, willingness, accountability, humility and compassion are some of the biggies.

By listing who we believe we have harmed, we are holding ourselves accountable. By admitting we are human and have made mistakes, we develop compassion for ourselves. By forgiving those who have harmed us we are set free.

Extending a decent dose of authentic love requires humility, and knowing that these actions will not only help in your recovery but also benefit the greater good, requires a fair amount of trust.

Step Eight helps build awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people.

Here are some questions to help guide you through working Step Eight:

- *Are there resentments in the way of your willingness to make amends?*
- *Are you hesitating in any way before working on the eighth step- if so why?*
- *Why is it valuable to determine the exact nature of your wrongs?*
- *Why is it so essential that you are very clear about your responsibility?*
- *Are there people to whom you owe an amends who may be a threat to your safety or about whom you are concerned in some other way?*
- *Why is simply saying, "I'm sorry" alone not sufficient to repair the damage that you've caused?*
- *Why is only changing your behavior not sufficient to repair the damage you've caused?*
- *Do you have amends to make that are financial and therefore you do not want to make them?*
- *Can you imagine what your life would be like if you had already made these amends?*
- *Do you have amends to people who have also harmed you?*

Finishing Step Eight Of AA Alcoholics Anonymous

There's a level of honesty in working the 12 Steps that some members of AA exalt in, because of the freedom it brings. The reason one of our slogans is "happy, joyous and free!" is because without alcohol in our lives we have freedom to take a deep breath and exist in the day, relieved of that feeling of waiting for the other shoe to drop, the jig to be up, or the police to come knocking.

Remember that it takes time to heal from traumas. As addicts we want to rush to the end result. However there is no prize for doing any of the Steps as fast as you can. Impulsively rushing in to make amends without taking the time to work with your sponsor could be as detrimental as not making amends. It's never too late, but sometimes it's too early.

Remember this: focus on a comprehensive eight step list, then let prayer and meditation the time for forgiveness to come. When you forgive, you heal. When you let go, you grow.

The above information was obtained from Jason Wahler is a recovering alcoholic.

Concept VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

This Concept deals with the ways the General Service Board "discharges its heavy obligations," and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc.

Long experience has proven that the board "must devolve itself almost exclusively to the larger questions of policy, finance, group relations and leadership In these matters, it must act with great care and *skill to plan, manage and execute.*"

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the *Grapevine*. "It must *delegate* its executive function" to its subsidiary, operating boards.



Let's all take a minute to appreciate this drunk Amazon purchase

In a contemporary poll, Americans reveal some things that happen when they consume alcohol:

- 79 percent of Americans have made an online purchase when “under the influence.”
- 85 percent of this group say this practice increases impulse buying.
- 85 percent of this group made their purchase on Amazon.
- 34 percent prefer to drink beer when purchasing online, 29 percent chose wine, 17 percent whiskey, 10 percent vodka, 4 percent gin. 3 percent tequila and 3 percent rum.
- 20 percent later returned their “drunk purchase.”
- 6 percent regretted making their “drunk purchase”.

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

1938

The Alcoholic Foundation Frank Amos and others who had attended the December meeting offer to confer with Bill, Leonard Strong, and various members of the New York group to consider how the movement can be given an organizational framework. As a result, the Alcoholic Foundation is formally established on August 11, 1938, with Dr. Bob as a trustee and Bill on the advisory committee.

2001

A.A. takes root in China In August 2001, two G.S.O. New York staff members and Dr. George Vaillant (nonalcoholic trustee) travel to China to meet with medical practitioners and attend meetings of China's three A.A. groups in existence at the time — two in Beijing and one in Changchun. By invitation, Dr. Vaillant addresses a gathering of some 50 physicians on the subject of alcoholism.

2015

A.A.'s 80th Birthday celebrated in Atlanta, Georgia, July 2 - 5 Over 57,000 A.A. members and guests from 94 countries around the world celebrated A.A.'s 80th birthday in Atlanta, Georgia, with the theme "80 Years – Happy, Joyous and Free!" Nearly 250 scheduled meetings were held in various languages. At the Sunday morning meeting, the 35 millionth copy of the Big Book, *Alcoholics Anonymous*, was presented to the Sisters of Charity of St. Augustine, the religious order of Sister Ignatia, who worked closely with Dr. Bob to sober up thousands of alcoholics at St. Thomas Hospital in Akron, Ohio.

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2016

200th Regional Forum The 2016 Western Canada Regional Forum was held in Kamloops, British Columbia, August 26-28. Registration for the Forum was 280 including 168 members attending their first Forum. The Western Canada Regional Forum marked the 200th Regional Forum since their inception in 1975. A celebratory cake was enjoyed by attendees during a break on Saturday afternoon.



LOCATE MEETINGS WITH A CLICK!

"Meeting Guide by Josh R." is an app which can be downloaded to your cell phone to show you daily meetings in the Heartland Intergroup areas of Polk, Hardee and Highlands Counties. Available in your Play Store for Apple and Android phones.

Check it out!

Contributions from the previous month will be included in the following month's mid-month issue.

(If you notice that your contribution is not reflected, please remember that we publish the contributions from the prior month, so yours may not show up until next month).

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