

SEPTEMBER 2019

HEARTLAND INTERGROUPE

4204 S. Florida Ave, Suite H.

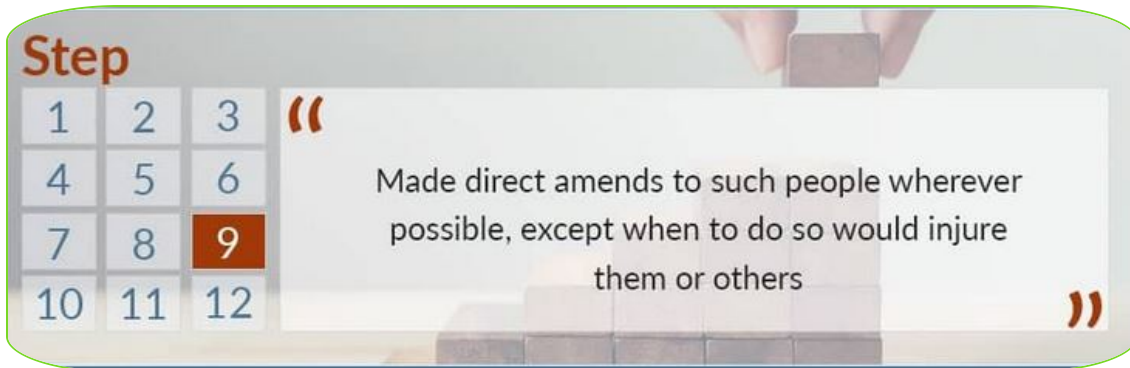
Lakeland, FL 33813

863-688-0211 or 863-687-9275

www.heartlandintergroup.org



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



What Is the Purpose of This Step?

The purpose of Step 9 of Alcoholics Anonymous is to take action and apologize to those you have harmed with your drinking.

This step will provide you with peace of mind, relief and liberation from the chains of regret.

The Alcoholics Anonymous "Twelve Steps and Twelve Traditions" book states:

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 Nine.¹

How Do You Complete This Step?

- Use good judgment.
- Have a careful sense of timing.
- Be courageous and cautious.

How to Select People to Make Amends With

Acknowledge the different categories of people you should make amends with.

- Those you should approach as soon as you are confident in your sobriety.
- Those you can only make partial amends with since further disclosure may cause more harm than good.
- Those you shouldn't take action with.
- Those you can't make direct contact with because of the nature of the situation.



What Are Some Tips for Completing Step 9?

- *Take your time.* Use your best judgment in disclosing your defects. You don't have to reveal them all at once, nor should you. People may take some time to process and understand your admissions.
- *Don't say anything that will harm others.* It defeats the purpose of making amends if what you say will cause further pain and suffering.
- *Don't mistake carefulness for avoidance.* Practice good timing when making amends but don't use that as an excuse to delay reconciliation.

What Are Some Myths About This Step?

- *You have to disclose every detail of your mistakes.* Full disclosure may harm the one with whom you are making amends, or quite often, other people. It won't make you feel any better to increase the burden of another.

References

1. Twelve Steps and Twelve Traditions. (1981). New York: Alcoholics Anonymous World Services. Available at: www.aa.org/assets/en_US/en_step9.pdf

Tradition Nine

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

— Big Book pages 83 & 84

Ninth Step Prayer

Higher Power,

*I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process. I ask
for Your guidance in making indirect amends. Most
important, I will continue to make amends By staying
abstinent, helping others & Growing in spiritual progress.*

9th STEP

*God give me the strength and direction to do the right thing
no matter what the consequences may be. Help me to consider
others and not harm them in any way. Help me to consult
with others before I take any actions that would cause me to
be sorry. Help me to not repeat such behaviors. Show me the
way of Patience, Tolerance, Kindness, and Love and help me
live the spiritual life. AMEN (p. 78-80 BB)*

A 9th Step Prayer:

*"God, with regard to this amend; give me the strength,
courage and direction to do the right thing, no matter what
the personal consequences may be. Help me not to shrink
from anything. Help me not to delay if it can be avoided.
Help me to be sensible, tactful, considerate and humble
without being servile or scraping." (129:1, 83:3)*

Turn-Up At Turning Point



saturday
September 28th

"Willing To Go To Any Length"

Meeting @ 4:30

Come read and discuss what the Big Book says about
being *"Willing To Go To Any Length"*

Turn-Up @ 3:30 to share some fellowship and
"Any Length Meatball Subs"



Fellowship Hall / 401 N. Lake Howard Drive, Winter Haven

4th Annual Primary Purpose



PICNIC

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Food ♦ Fellowship ♦ Fun



Live Music ♦ Bounce House



Cornhole & Horseshoes



Boat Ramp Access

Come join us on the shores of Lake Idylwild on

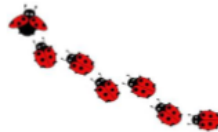
Saturday, October 26, 2019

10 am to 4 pm

Tickets \$10 (kids free)

All proceeds to benefit

Heartland Intergroup



Burgers, Dogs, Smoked Chicken & Drinks Provided

Lunch Will Be Served From 11:30 – 1:00

Live Performances by Soul2Earth & Hairball

♦ 2305 Havendale Blvd NW ♦

♦ Picnic pavilion located behind Winter Haven Moose Lodge ♦

♦ Hosted by the Auburndale and Weekend Serenity Groups ♦

THE WILSON HOUSE BASH!

Hosted by the Keep It Simple Group

Dinner Includes:

Ribs and chicken in our custom smoker! Baked beans, potato salad, macaroni salad, and Hawaiian rolls. Dessert, coffee and soft drinks also provided. There will also be a 50/50 raffle. As always your support is greatly appreciated! Tell your friends! The more the merrier!

Speakers:

There will be two (2) speakers for this eating meeting. The speakers will be Josh H. and Jessica C..

Live Music by:

Somethin Brewing

Donation:

\$8.00 at the door

Questions:

Please call (863) 210-0184 with any questions you may have. Otherwise we hope to see you then!

*Where there is
despair may we bring
hope*

Where & When:

500 Co Rd 540A
Lakeland, FL 33813
Sunday Oct 27 from 12:00 – Till



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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Any questions can be emailed to the office manager at:

***officemanager@heartlandintergroup.org**

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