

Michigan City Daily Reprieve

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.
TWELVE STEPS AND TWELVE TRADITIONS, p. 77

When I approached the Eighth Step, I wondered how I could list all the things that I have done to other people since there were so many people, and some of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this Step was to become willing to do whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there's a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings.

DAILY REFLECTIONS p 229

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 principle 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.

Tradition 8

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

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

“The Eighth Promise”

Self seeking will slip away.



**CRITICAL &
URGENT
NEED!**

Backup volunteers needed to answer cell phone - day-time and after-hour calls.

For further information contact your group GSR or come to the next Area District Meeting

AUGUST BIRTHDAYS



Wendy P	8/7/2008	3 years
Bicycle Jack	8/8/1975	36 years
Angela S	8/12/2008	3 years
Sharon C	8/18/2008	3 years
Walt C	8/18/2003	8 years
Kathy R	8/21/1983	28 years
Al M	8/21/1983	28 years
Ashley S	8/22/2009	2 years

Happy Birthday to All!

To publish announcements of AA Birthdays celebrated by members each month, send name and number of years to: District 21, P.O. Box 58, Michigan City, IN 46360 or email to district21mc@comcast.net

Our Local Area District 21 Business Meeting

and the Public Information Meeting - 7 PM

on the 2nd Thursday of every month

at the Michigan City Christian

Church at 11232 W. Earl Rd.

Next meeting: August 11, 2011

EVERYONE IS WELCOME

The Traditions Checklist

Tradition Eight

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

1. Is my behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward-even if not money-for personal A.A. Efforts?
4. Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On A.A. Itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own A.A. Life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet A.A. Tradition-How It Developed?

AA Grapevine January 2011 issue

New Meeting

Starting August 6, 2011

7:00 to 8:30 P.M.

Saturday Night Special

Open A. A. Meeting
Long Beach Community Center

Step Eight

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

It seems that even before I picked up my first drink I had trouble getting along with other people. Whether it was my third grade classmates, my bosses, my brother or my neighbor, I seemed to continuously feel angry toward people or afraid of them. The eighth step deals with our relations with other people. This step had a profound impact on my recovery and gave me a clearer understanding of my fellows and of myself.

As with all of the twelve steps of Alcoholics Anonymous, this process requires a level of honesty that we did not have while we were drinking. In the fourth step, we faced the reality of our resentments and our part in them. In the eighth step, we revisit those resentments and add to the list those to whom we have brought harm. We face the truth about our conduct in the past; the conditions of that conduct, and ask what measures will need to be taken to correct the past indiscretions, and find a quality of willingness to move on in the process. This is the first of two primary purposes in the eighth step.

The second purpose is an analysis of our human relations. The literature states that “Our troubles, we think, are basically of our own making,” arising out of self-centeredness, we created a whirlwind of chaos in my life and the lives of others. I examined these instances in my eighth step and found that I was always trying to pull an angle. In A.A. we talk about causes and conditions; I found the cause in the fourth step, I find the conditions in the eighth step.

Whatever fear was controlling my actions at any given time was the cause of the wreckage I had created; the way I perceived that fear controlled the conditions in which I acted. I could be people pleasing, servile, scraping, and down-right cowardly or mean, angry, rebellious, and bullying; whichever way I thought would give me what I wanted.

Due to the eighth step, I was reminded how fearful I was, particularly of people. The solution I discovered began with the honesty required to make the list. I was afraid of the truth and ashamed to be me, so I would lie... A LOT. Today, I have a solution to the fear of embarrassment and abandonment. I attempt to say what I mean and mean what I say in all circumstances of my life; I try to be kind in all of my affairs, even when I feel offended I try not to retaliate. This step has left more room for improvement and more insight on the truth about me than any other and is a process that I am required to continue over my lifetime.

Tradition Eight

Eighth Tradition – Long Form:

“Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. ‘12 Step’ work is never to be paid for.”

Just as money and spirituality do not mix in the 7th Tradition, except for in the hat, they also do not mix in concern to the 8th Tradition. It has been the experience of A.A.’s that professional help and institutions have not brought the desired recovery from alcoholism as has the program of Alcoholics Anonymous. Attempts have been made in the early days of A.A. to professionalize in some areas and it always ended up the same: “Our primary purpose has been defeated.”

This tradition mainly applies the work done when carrying the message to another alcoholic. It is important to remember that this is separated from caretakers, secretaries and other necessary professionals needed to maintain A.A. as a whole. Another area in which arguments arose was when A.A.’s took jobs as counselors, psychiatrists, or nurses in an alcohol ward, some felt they were using their A.A. knowledge for monetary gains. It has been decided that this is simply not true. A.A.’s taking their A.A. knowledge to work is only enabling them to be better at their jobs; they are not trying to get paid to do 12th Step work. That is where A.A. wisely drew the line.

It became clear that one may not receive money to do 12th Step work, but it is clearly necessary that people would be needed to do countless hours of work in clubs and A.A. offices, large and small, and these people should be paid. They are not doing 12th Step work, they are maintaining vital aspects of offices or buildings that are needed for A.A. to survive and carry on its work. The final sentence of the 8th Tradition in the 12 & 12 nicely sums up this sometimes hot topic. “Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire.”