

## Step 8

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

*“Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our new-found knowledge of ourselves, we may develop the best possible relations with every human being we know.*

*This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and*

*brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still*

*painfully festering, will at first look like a purposeless and pointless piece of surgery. But is a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.*

*These obstacles, however, are very real. The first, and one of the most difficult, has to do with forgiveness. The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive.”*

*Twelve Steps and Twelve Traditions—Page 77-78*

## Tradition 8 Long Form

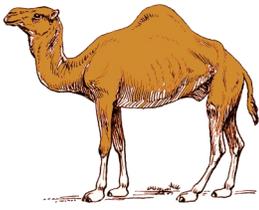
**“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services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

*“ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words, “Freely ye have received, freely give.” we have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world’s best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.*

*Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromised him and everting he says and does for his prospect. This has always been so obvious that only a very few A.A.’s have ever worked the Twelfth Step for a fee.”*

Twelve Steps

and Twelve Traditions



I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

### Inside this issue:

Step 8—Tradition 8	1
Concept VIII	2
Stories (Grapevine)	3
Contributions	4
District	5
Flyers	6
8th Promise, Principles, Dear Ebby— Funny Bone	7

**Stepping Stones** is a monthly newsletter of the Ninth District Intergroup with the office located at: 6640 Eastex Freeway, Suite 149A, Beaumont, TX 77708. It is about, by and for the members of the Fellowship of AA. Opinions expressed herein are Not to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or the Ninth District Intergroup.

Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc.

**Contributions from our readers is encouraged.** Submissions are edited for space and clarity only. Contact information is required and anonymity is respected. ■

# 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.”**

*The AA Service Manual/ 12 Concepts for World Services—pg. 31 of the Concepts Section*

**“Since our Trustees bear the primary responsibility for the good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations. Long experience has not proved that our Board as a whole must devote itself almost exclusively to the larger and more serious questions of policy, finance, group relations, public relations and leadership that constantly confront it. In *these more critical matters*, the Board must of course function with great care and deliberation. Here the Board is expected skillfully to *plan, manage, and execute*.**

**It follows, therefore, that the close attention of the Board to such larger problems must not be subject to constant distraction and interference. Our Trustees, as a body, cannot be burdened with a mass of lesser matters; they must not concern themselves with the endless questions and difficulties which arise daily, weekly and monthly in the routine conduct of the World Service Office and of our publishing enterprises. In these areas the Board cannot possibly manage and conduct in detail; it must delegate its executive function.**

**Here the Board’s attitude has to be that of custodial oversight; it cannot be the executive. Hence the Trustees are the guarantors of the good management of A.A. World Services, Inc. and the A.A. Grapevine, Inc. They discharge their custodial obligation by electing the directors of these services, a part of whom must always be Trustees.”**

*Excerpts from The A.A. Service Manual/Twelve Concepts for World Services—pg. 31 of the Concepts Section*

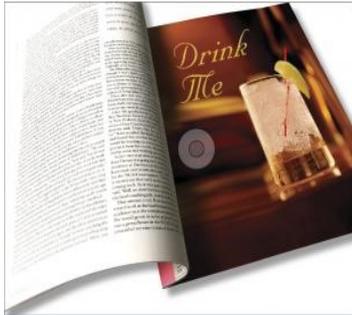


# AAGRAPEVINE

The International Journal of Alcoholics Anonymous



<http://www.aagrapevine.org/>



## Grapevine Online Exclusive

# Triggered

**In a Michigan doctor's office, a newcomer turned the page in a magazine—and her sobriety**

I felt as if I had been blindsided. I was thumbing through a magazine in my doctor's office. I turned the page and there was a picture of a gin and tonic. It was a beautiful picture. Suddenly, all the old feelings came back.

The glass was not so frosty that it totally hid the limes or the ice cubes that I could almost hear tinkling against the sides of the glass. I was completely ambushed. I just have a year sober and here was my nemesis beckoning me, all innocent and inviting. It was my worst enemy. I could hear my mind rationalizing, saying, "Only one won't hurt." But I knew it would hurt.

"You can go where no one knows you," my mind said. But I would know myself. I felt like running out of the office, as if that would get me away from the temptation. As if the obsession could be conquered by geographical change.

I closed the magazine and said the Serenity Prayer. Then I said it again. The

nurse called my name. With palms sweating, I went into the examination. I can't remember anything the doctor said.

When I got to my car, I was still not in control. I stopped for a minute and prayed for the courage to change what I could. Then I drove straight home and called my sponsor.

I told her all the doubts and fears that went through my head in that brief moment. She told me of some of her experiences, like the innocent offer of a drink made by a friend just wishing to be hospitable. She told me about the way she felt at the wake of her mother when everyone toasted her mom's memory. With a glass of soda water held high, she desperately wanted to drown her grief in the bottom of a bottle. "But I just kept repeating 'one day at a time, one minute at a time, one second at a time,' to myself over and over and I was able to get through it sober," she said.

As she was speaking, I realized I had gotten through this situation sober. Whatever I had felt at the doctor's office was behind me now. I was here, safe in my home, talking to a friend who had lived through the same types of experiences.

This crisis was over. There would be more, but I was learning how to live "life on life's terms." The light at the end of this tunnel got a little brighter. My sponsor and I made plans to go to a meeting later that evening.

I took a minute to thank my Higher Power for giving me the strength to resist. I thanked him for giving me my sponsor. I thanked him for my first year of sobriety. Then I got up and did the dishes. "First things first," they say.

-- Adelia H

Brooklyn, Michigan, USA

*Group Contributions — July 2018*

We want to sincerely thank you for your contributions. Please address your gifts to:  
Ninth District Intergroup Association — 4220 College St— Beaumont, TX 77707  
Phone: 409-832-1107 — Fax: 409-898-8977 — E-mail: intergroup9@att.net — Web: aabeaumont.org  
If you see mistakes, please call, write or come in. We want to be accurate and ask that you verify your totals.

**Would You Be On Our 12 Step List?**

Home Group: \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_ Male/Female: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Area In Which You Will Serve: \_\_\_\_\_

Car Available: Yes \_\_\_\_\_ No \_\_\_\_\_ Languages Spoken \_\_\_\_\_

Times Available: (Circle Choices Please)    8 AM – 6 PM    6 PM – 12 MDN    12 MDN – 8 AM

Days Available: (Circle Choices Please)    SU    M    TU    W    TH    F    SA

**Addresses AA Entities**

**Ninth District Intergroup**

4220 College St  
Beaumont, TX 77707

**District 90 GSR Committee**

PO Box 21279  
Beaumont, TX 77720-1279

**Southeast Texas Area 67**

PO Box 130433  
Houston, TX 77219-0433

**AA General Service Office**

PO Box 459  
New York, NY 10163-0459

## *Opportunities For Service*

### **SHARE THE MESSAGE IN THE COUNTY, STATE AND FEDERAL FACILITIES**

We need men and women to go into the County jail on Sat. @ 11:30 each week. There is also a need for men to go into the State and Federal facilities on a weekly basis or even just once a month to give current volunteers a much needed break. Each facility requires a background check before you enter. To find out more information please come to the monthly CSR meeting and talk with the correction committee members or call Intergroup @ 409-832-1107.

### **TREATMENT FACILITY COMMITTEE**

We need volunteers to go into both the men and the women's facilities. Come to the next

## *Announcements*

**Next District 90 GSR Meeting**  
**September 2, 2018 At 2:00 PM**  
**West End Group**  
**1235 Crockett, Beaumont, TX**

Everyone is encouraged and welcome to attend.

**Next 9th Dist. Intergroup Meeting**  
**October 21, 2018 At 2:00 PM**  
**Westgate Memorial Baptist Church**  
**6220 Westgate Drive, Beaumont, TX**

Everyone is encouraged and welcome to attend.  
Meeting is held in the rear of the building.

# Area Events

- **39th Annual District 90 Convention—  
August 17th-19th —MCM Elegante—  
Beaumont, TX**
- **Mid County - Birthday Celebrations -  
Tuesday, August 28, 2018 - Eat at 7PM  
Meet at 8PM - 908 Boston Ave,  
Nederland, Texas**
- **Mid County - 41st Anniversary -  
September 22, 2018 - See Flyer On  
Our Website**



# Mid County 41<sup>st</sup> Anniversary

## September 22, 2018



- 9:00am – Donut Meeting
- 10:00am – Registration
- 11:00am – AA Speaker – OJ (Serenity)
- 12:30pm – Lunch
- 2:00pm – Al-Anon Speaker – Diane B. (Warren)
- 3:00pm – Washer Tournament (\$100 Winning Team)
- 6:00pm – Dinner
- 7:30pm – AA Speaker – Stuart S. (Primary Purpose)
- 9:00pm – Raffles

Activities for kids: Bounce house,  
slide, and more!!!

“Our common welfare should come first, personal  
recovery depends on AA unity.”

# DEAR EBBY

Dear Ebby: My home group has members who are pretty different from each other. I am working on my first year of sobriety, and I am amazed at all the different kinds of people in our group! And we seem to, for the most part, get along pretty well. I've read some of the Traditions and know a little about them. What are your thoughts on this matter? *Amazed in Alabama*



Dear AIA: It is pretty amazing. In Chapter 2, *There is a Solution*, the second paragraph explains that. It starts, "We are average Americans. All sections of this country and many of its occupations are represented, as well as ... We are people who normally would not mix." My mind was so foggy when I got here that when I heard that I thought they had drank their whiskey straight up!

Dear Ebby: I was in a meeting the other night and I heard someone sharing about her sponsor asking her to write a goodbye letter to alcohol. I thought it might help me. Have you ever done this? *Goodbye Girl from Garden State*

Dear GGS: Yes, I did. But it took me three attempts. I was crying so much on the first two, the ink ran all together! Bon voyage, alcohol!!! (Haven't seen it since.) *Yeah!*



## THE FUNNY BONE

**Who's nuts?**

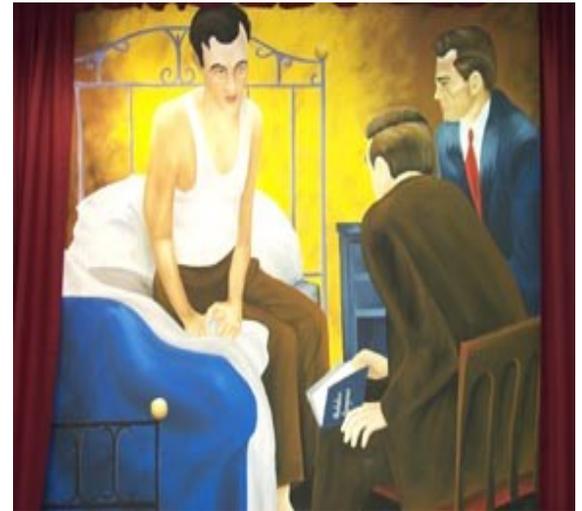
A guy walks into a bar, sits down and hears a small voice, "You look nice today." A few minutes later he again hears another small voice say, "That's a nice shirt." So the guy asks the bartender, "Who is that?" The bartender says, "Those are the peanuts. They're complimentary."

*From the Grapevine, June 2016*

**Oh brother!**

Robert was very nervous all through his wife's pregnancy. The worst happened when he rushed his wife to the hospital and learned she was having twins. The poor guy fainted. When he came to, he was told that his brother had been there and named his children. "My brother named my babies?" Robert cried. "Why, he's a complete drunk! He's hardly ever sober. What silly name could he have given my daughter?" "He named her Denise," said his wife. "Oh, Denise," Robert said, relieved. "That's a nice name. I like Denise. I feel so much better. What did he name my son?" "Denephew," she said.

*From the Grapevine, June 2016*



## 8th Step Principle Reflection Brotherly Love

### 8th Promise

Self-seeking will slip  
away.



**Ninth District Intergroup Association**

**4224 College St**

**Beaumont, TX 77707**

**[aabeaumont.org](http://aabeaumont.org)**

**[intergroup9@att.net](mailto:intergroup9@att.net)**

**MAIL, FAX OR EMAIL YOUR ANNOUNCEMENTS,  
GROUP NEWS AND OTHER SUBMISSIONS TO THE  
NINTH DISTRICT INTERGROUP**

**[intergroup9@att.net](mailto:intergroup9@att.net)**