

# THE MESSAGE

AUGUST, 2016— MOTIVES & ACTIONS—STEP 8

## NOT JUST ME

One of the truths that I found hard to swallow was that my alcoholism had in fact hurt others. While living in my delusion, I had convinced myself that I was the only one being affected by my inherently self-imposed misery. I didn't understand how those who loved me were also made sick and inevitably hit by the shrapnel of my destructive life. How could this be? Nobody loved me anyway.

By doing the steps, especially 4 through 7, self-awareness and realization of this truth became apparent. I did hurt people. I hurt the ones who loved me the most in fact. The guilt and shame that follows must be dealt with to continue on with spiritual growth and cleaning of the past. Thank God the founders of our program foresaw this and paved the way for us to continue on this journey of recovery by making the next two steps. Steps 8 and 9 are very important to our recovery and many have been able to experience considerable spiritual growth after facilitating and learning the principles set forth by performing these actions.

Steps 8 and 9 deal with making a list of those people, organizations and entities which we have previously wronged. Next we approach them with openness and ask for forgiveness and what we can do to make up for the past wrong. These things may be

emotional or financial in nature or encompass living amends. The details vary as did the wrongs perpetrated while we were drinking, but the willingness to do anything to make right this past wrong is crucial.

After our initial encounter and dealing with the past wrong by meeting with those wronged and making the deal to do whatever we need to do to make up for what we did while drinking, we will begin to feel relief and a sense of elation that I believe is our building further the relationship with our Creator. But we are not finished yet. The word amend as defined by Merriam-Webster means, "to change and improve (something, such as a mistake or a bad situation)." Therefore we should now set forth to change these defects of character which helped us to do these things in the first place. We do this with the help of God and those around us, a continual supporting process and program of spirituality. As shown all along since we started, we don't have to do this by ourselves, we are not alone. It's not just me.

The hardest amends I had to make was with my mother. I am very close to her and

hurt her greatly while I was drinking. A lot of my darkness and resentment was thrown at her without provocation or reason. I didn't realize how much I had hurt her until I asked her to tell me what I had done to her and how I made her feel while I did these things. I was instructed by my sponsor to make sure to listen to what she said to me during this encounter. This was not a time to argue, dispute or tell my side of the story. I had to listen to her and hear her pain. This was very hard. Remember, I was convinced I hadn't hurt anyone else but myself. But I had caused a lot of harm especially to someone I loved so dearly. Again, not just me.

Making amends helps us to clean up a lot of our past discretions and hopefully mend some of the relationships we cherish and wish to foster. It's more than just saying I'm sorry. Others have heard me say that so many times before, but all I did was repeat the bad behavior thus demeaning my apology. I had to change what was inside of me and my actions to truly make my amends. Some days I'm better at this than others, but thank God there are ways to deal with this too.

Brandon S.,

There is a Solution group

### INSIDE THIS ISSUE:

STORY: NOT JUST ME	1
STORY: FACING STEP 8	4
STORY: WILLINGNESS TO CHANGE, STEP 8	4
STORY: HUMILITY	5
STORY: PURPOSEFUL FORGETTING	5



**HELLO!** You have just opened a copy of Northern Kentucky's  
A.A. Newsletter—*The Message*.

Inside you will find stories from local A.A. members, information about where to go to find help, service work opportunities, information on the twelve steps, upcoming events and more!

Please send your submissions to Co-Editors Gail C. and Rhonda O. at  
**[nkymessage@yahoo.com](mailto:nkymessage@yahoo.com)**.

Enjoy reading and please *pass it on!*

## CONTENTS

### COLUMNS, NEWS & INFORMATION

A.A. Organizational Contacts, District Meetings.....	Page 3
Service Opportunities.....	Page 6
Anniversaries .....	Page 7
Intergroup Financials .....	Page 7
Upcoming Events / New Meetings .....	Page 8
Central Office Information.....	Page 10

### FEATURES & READER CONTRIBUTIONS

Not Just Me, by Brandon S....	Page 1
Facing Step 8, by Gail C.....	Page 4
Willingness to Change, by KevinP....	Page 4
Humility, by Mark L..	Page 5
Purposeful Forgetting, by Mick S.....	Page 5

This newsletter is prepared for your enjoyment and is not endorsed by or affiliated with the fellowship of Alcoholics Anonymous. However, its hope is to practice the principles of A.A. and become an additional tool for maintaining sobriety. Thanks for making *The Message* self supporting through your contributions. We receive no money from Intergroup or any districts. We publish solely on money from subscriptions and fundraisers for *The Message*. Subscription form can be found on back inside cover.

## Local Northern Kentucky Recovery Houses

Grateful Life Center	Erlanger	859.359.4500
Droege House	Dayton	859.291.1045
WRAP House	Covington	859.491.2090 (Women)
York Street House	Newport	859.291.2336
Brighton Recovery Center	Florence	859.292.9390 (Women)

# WHO TO CONTACT

## NORTHERN KENTUCKY INTERGROUP

1545 SCOTT STREET

COVINGTON, KY 41011

**(859) 491-7181**

OFFICE HOURS: 10-5 (M, T, TH, F) 12-7 (W) +24 HOUR HOTLINE

EMAIL: [MANAGER@NKYAA.INFO](mailto:MANAGER@NKYAA.INFO)

WEBPAGE: [HTTP://NKYAA.INFO](http://NKYAA.INFO)

### DCMs AND MONETARY DISTRIBUTION ADDRESSES:

**DISTRICT 6** TREASURER, PO BOX 18731, ERLANGER, KY 41018

**DISTRICT 18** TREASURER, PO BOX 721874, NEWPORT, KY 41072

**DISTRICT 30** TREASURER, 137 SECOND STREET, FLEMINGSBURG, KY 41041

**District 35** Treasurer, PO Box 15462, Latonia, Ky 41015

**DISTRICT 32** TREASURER, PO BOX 1585, FLORENCE, KY 41022

**Area 26** Treasurer, PO Box 873, Floyds Knobs, IN 47119

**AA WORLDWIDE**, PO BOX 459, GRAND CENTRAL STATION, NEW YORK, NY 10163

### DISTRICT MEETINGS:

DISTRICT 6—1ST WED., LAKESIDE PRESBYTERIAN CHURCH, 6:30 PM

DISTRICT 18—1ST THURS., 1ST PRESBY CHURCH, 220 S. FT. THOMAS AVE, 6:00 PM

DISTRICT 30—2ND THURS., HUNTER HOUSE, MAYSVILLE, 8:00

DISTRICT 32—1ST MONDAY, ST. ELIZABETH FLORENCE CONF ROOM- LOWER LEVEL, 6:00 PM

DISTRICT 35 - 1ST WEDNESDAY, 1545 SCOTT BLVD, COVINGTON, KY 6:00 PM

IF ANY OF THIS INFORMATION IS FOUND TO BE OUTDATED OR INCORRECT, PLEASE EMAIL  
CORRECTIONS TO [NKYMESAGE@YAHOO.COM](mailto:NKYMESAGE@YAHOO.COM)

### Northern Kentucky Intergroup Meetings

3rd Wednesday at 6:30 pm, Central Office, 1545 Scott Street, Covington, KY  
Send a representative (IGR) from your home group. Tell us what's new! Share what's happening at your meetings.

## Facing Step 8

*“It is a task which we may perform with increasing skill, but never really finish.” Twelve Steps and Twelve Traditions, pg. 77.*

Willingness was the key for me, and I had to become willing to do whatever necessary to make amends to the best of my ability to those I had harmed. If I wanted to find peace and serenity, Step 8 (“Made a list of all persons we had harmed, and became willing to make amends to them all.”) was the prescription to heal my mind from all the guilt feelings that had been eating away at me for so many years.

It was also important for me to forgive the wrongs done to me, whether real or imagined. This involved looking back at the resentments I had listed in my fourth step. What part did I play in any of them? I even looked at the harm I did to someone that I thought was so miniscule that it didn’t require an amends. However, if I kept thinking about it, then it did. How else could I manage to free myself of the burden of guilt?

This step gave me a sterling opportunity to make a plan to not only clean up some of the wreckage of my past, but to salvage any relationships that could be saved. Doing Step 8 to the best of my ability was an added assurance against harming others when I began the actual amends covered in Step 9.

The first step for me in this process was to begin with prayer, asking my Higher Power for courage, willingness and honesty. It was imperative for me to look at what kinds of harm I did to others ... physical, mental, spiritual or emotional. My list must be as complete as possible.

Next I had to forgive myself for the harm I did to me, because I know that my Higher Power had already forgiven me. I was on a new life path in recovery, working toward becoming a better person. As long as I follow that path, work the AA program daily, and keep the spiritual connection with my Higher Power intact, the havoc I created in the past will not be a part of my present or future.

Gail C., Hebron Tuesday Night

*“We clung to the claim that when drinking we never hurt anybody but ourselves ... What real harm, therefore, had we done? No more, surely, than we could easily mend with a few casual apologies.”*

*Twelve Steps and Twelve Traditions, pg. 79.*

## Willingness to Change; Step 8

Why did I come to Alcoholics Anonymous? Why do I keep coming back?

I heard a wise doctor, a pain specialist, say one time that there’s a difference between being physically dependent on a substance and being addicted.

The example he gave was that he could lock Mother Teresa in a room for a month and shoot her up every day with heroin. At the end of 30 days, she’d be dependent – but she wouldn’t be an addict. What he was getting at, I think, is that the 10% of us in the world who become alcoholics or addicts have something else fundamentally wrong with us that’s much bigger than simply what we drink, snort, inhale, or inject. We have a problem with living. We can’t deal with life. We don’t know how to get along with others, curb our impulses, stop thinking of ourselves, be useful and of service to others, or have any real inner peace. We have a “hole in our souls.”

Many of the medical professionals these days tell us our problem is just brain chemistry. Maybe that’s the case for some folks who wander into AA (or get sent there). I have come to believe that certain people with a “drug problem” may first of all need one of the new chemicals that combat cravings. We all know too many beautiful young people who are dead now from overdoses. Could it be that Methadone, Suboxone, Vivitrol, Probuphine, or Antabuse might keep someone alive long enough until they’re ready for the 12 Steps? Alcoholics Anonymous has no opinion on this, since it’s an “outside issue.” But AA’s Traditions clearly state that AA is for those “who have a desire to stop drinking.” AA never claims to be the miracle cure for every sort of addiction or disorder under the sun! because these action steps are impossible for me on my own power.

Some may choose just to stop using; maybe they don’t want everything else the 12 Steps can offer. I have to decide whether I just want to “stay off the booze” or whether I want to work on becoming a better human being.

If I stick around in AA, I have to face the damage I’ve done. I’ve been a tornado ripping up other people’s lives. There’s a trail of misery and destruction behind me. The 12 Steps give me a way out, a path to “sane and useful sobriety.”

If I’m a real alcoholic, I need to get honest with another person about my life. I must get a clear picture of the personality flaws in myself that injure and harm others. I need to start repairing the damage. And I need a Higher Power, because these action steps are impossible for me on my own power.

Do I want this happiness, fellowship, freedom? Or do I just want a little momentary relief? What will fill the “hole in my soul?”

Kevin P.,

Sobriety date: May 7, 1988

### The Principles in the Twelve Steps

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Self-Discipline
- Step Nine: Love for others
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

## Humility

I was a referee for many years. Without AA, I don't know if I would have had the demeanor to not seek revenge or bear a grudge against one or another of the different teams with their own personalities as I had to be the professional in all situations. To me sports are to teach one to work through adversity, and that everything in life doesn't go my way. Through the years it seems to me that sports has gone to anger and who is to blame.

Humility by definition is a quality of being courteously respectful of others. It is the opposite of aggressiveness, arrogance, boastfulness, and vanity. Rather than, "Me first," humility allows me to say, "No, you first, my friend." Humility is the quality that lets us go more than halfway to meet the needs and demands of others.

Friendships and marriages are dissolved over angry words. Resentments divide families and co-workers. Prejudice separates race from race and religion from religion. Reputations are destroyed by malicious gossip. Greed puts animosity between rich and poor. Wars are fought over arrogant assertions.

Acting with humility does not deny my own self-worth. Rather, it affirms the inherent worth of all persons. Some would consider humility to be a psychological malady that interferes with "success." However, wealth, power or status gained at the expense of others brings only anxiety. Never peace and love.

If I am not talking about someone, there is no reason to whisper. Arrogant words in-

flame prejudice and hatred, but humble speech soothes. Words make or break human relationships. Words can make war or make peace. The words I say or write have tremendous power for good or evil. I need to be reminded that I need to be as careful with my words as I would be with any other weapon.

Self-righteousness is one of the hardest for me to avoid because it is so much easier for me to see other people's faults than to see my own faults. I am better off if I look for the good in others and try to correct the faults within myself. I have bigger faults within myself (including self-righteousness) than the faults I would criticize in others. The book tells me self-manifested in different ways is what defeated us. Selfishness and self-centeredness that we think is the root of our problems.

The big book says we need to be free of anger or it kills us. I used to say he or she makes me so angry. No one makes me angry. Anger is my own emotional response to some action or event. More often than not, my angry feelings are based on a misinterpretation of what someone said or did. Expressing anger tends to prolong and reinforce my anger rather than purge it. Angry words and actions are much more likely to escalate hostilities and block communication than to solve a problem. Whether between parent and child, spouses, friends, or nations, expressions of anger divide

me and drive us toward open hostility. It is all too easy for me to react to life's annoyances and disappointments with anger. It is far more challenging, but much better, to react with understanding and empathy. In this way, I can quickly settle disputes and avoid turning minor incidents into major battles. If I have a humble heart, it's a perfect tool for avoiding disputes and hard feelings.

Holding a resentment can consume me with hatred, blocking out all enjoyment of life. A resentment clouds my judgment and may lead me to an act of revenge that can never be undone. Bearing a resentment and seeking revenge are never appropriate responses to a perceived wrong. Holding a resentment destroys me with bitterness. Revenge only escalates hostilities. The book says avoid retaliation or argument.

By humility I acknowledge that God created me for his purposes and not for my self-glorification. By humility I acknowledge the dignity of all God's people. By humility I cool the angry passions of others. By humility I can turn enemies into friends. (Ninth step).

Qualities such as courtesy, patience and respect are inside me. I need humility because a demeanor of humility is exactly what is needed to live in peace and harmony with all persons. Humility dissipates anger and heals old wounds. Humility allows me to see the dignity and worth of all God's people.

Mark L., The Florida Flounder

## Purposeful Forgetting

I've completed two fourth through ninth steps since beginning this spiritual journey and, who knows, maybe I might have to complete another set someday. It took months and serious investigation on my part and my sponsor's part to even entertain the concept that I had hurt anyone. Sure, I've got a drunk-a-log but I didn't feel I'd really hurt anyone but myself. Then I not only had to fess up to those things that I had done wrong, but also those things I had done somewhat right but for a misguided reason. I didn't have an issue with these amends concerning drunken behavior that happened at parties, family functions, etc. I either remembered those instances or was reminded many times about my bad behavior.

## Service Opportunities

### HEY!! I need a lift!

**Brighton Recovery Center for Women**—Needs women with at least 3 months sobriety to drive women to outside meetings. Hours for pickup are from 5:00 pm and back by 10:00 pm on any given day. Must have valid drivers license and proof of insurance. Call 859.292.9390 to arrange.

**The CCAT House**—Needs women with at least one year of sobriety to drive women to outside meetings. Hours for pickup are from 5:30 pm and back by 10:00 pm on any given day. Must have valid drivers license and proof of insurance. Contact Kathleen at 513.381.6672 for more information.

**Grateful Life Center**—Needs men with at least one year of sobriety to drive guys to outside meetings. Hours for pickup are from 7:00 pm and back by 10:00 pm on any given day. Must have valid drivers license and proof of insurance. Contact David W. at 859.359.4500 for more information.

**District 35**— Looking for a Special Needs Committee Chair and a Grapevine Committee chair.

“We may lose our position or reputation or face jail, but we are willing.”

Big Book, Into Action, p. 79



#### Word List

Acceptance  
 Detachment  
 Easy does it  
 Fellowship  
 Gratitude  
 How important is it  
 Just for today  
 Keep it simple  
 Let go and let god  
 Listen and learn  
 Literature  
 Live and let live  
 Meetings  
 One day at a time  
 Serenity Prayer  
 Slogans  
 Sponsor  
 Together we can make it  
 Twelve steps

Northern KY Central Office  
Income Statement  
June 30, 2016

	Current Month	Year to Date
<b>Revenues</b>		
Sales - LITERATURE	\$ 1,749.05	\$ 11,748.05
Sales- 75th Anniversary	30.00	150.00
Sales - Grapevine	12.00	27.00
Sales - WHERE & WHEN	266.50	1,043.00
Sales- COINS	438.75	1,743.40
Sales- Newsletter	0.00	40.00
Contributions - GROUP	2,404.00	13,119.41
Group Rent	11.00	298.00
Contributions - INDIVIDUAL	0.00	60.00
Contributions - FAITHFUL FIVER	0.00	60.00
<b>Total Revenues</b>	<b>4,911.30</b>	<b>28,288.86</b>
<b>Cost of Sales</b>		
Cost of Sales - LITERATURE	1,427.16	9,508.56
Cost of Sales -Grapevine	8.00	(105.96)
Cost of Sales - Where & When	196.16	1,157.02
Cost of Sales- COINS	185.06	796.30
<b>Total Cost of Sales</b>	<b>1,816.38</b>	<b>11,355.92</b>
<b>Gross Profit</b>	<b>3,094.92</b>	<b>16,932.94</b>
<b>Expenses</b>		
Supplies Expense	46.25	267.25
Telephone Expense	98.98	593.33
Wireless Telephone Expense	0.00	222.60
Postage Bulk Mail	0.00	225.00
Rent (Office)	700.00	4,200.00
Utilities (Electric)	102.43	486.61
Printing Expense	0.00	190.00
Salary Expense	1,450.00	7,540.00
Other Expense	0.00	263.33
<b>Total Expenses</b>	<b>2,397.66</b>	<b>13,988.12</b>
<b>Net Income</b>	<b>\$ 697.26</b>	<b>\$ 2,944.82</b>

# Anniversaries!

## June & July 2016

Congratulations to all who celebrated anniversaries in the last two months. Below are a few who chose to be recognized in this issue. Please let us know of any August or September anniversaries and we'll add them in the next edition.

Submit anniversaries to [nkymessage@yahoo.com](mailto:nkymessage@yahoo.com).

### Hebron Tuesday Night

#### June

Daniel G. 4 yrs

#### July

Linda L. 5 yrs

Lynne E, 6 yrs.

Carmen W., 7 yrs.

Curtis P., 14 yrs.

### Design for Living

#### July

Rhonda O., 10 yrs.

### Hardrock

#### June

Chris B. 4 yrs.

Steve S., 3 yrs.

#### July

Mick S., 19 yrs.

### Grandview

#### June

Robert P., 19 yrs.

#### July

Joe V., 45 yrs.

**Cont'd from Page 5****Purposeful Forgetting**

But there was another whole avenue of bad behavior that I didn't realize that the book calls purposeful forgetting that necessitated my second run through the steps. In my lead, I talk about the two mental states I lived in back then – either black outs or block outs. The block outs are no more than forgetting on purpose. These actions were somehow not my fault. If only you...

I had a huge fear of being fired at work on Monday mornings, so I waited until everyone went to bed on Sunday night so I could get drunk. I was insanely insecure and that fear brought on bouts of jealousy that were totally unfounded and gave me another reason to drink. I looked for reasons to become angry so I could justifiably drink. These actions I did not take responsibility for and therefore they didn't require amends. How wrong I was and how fortunate I've been to have other AA people in my life who helped me see these and other insane thoughts that occurred and still do sometimes.

The main thing that I need to remember these days is to keep humble, grateful and open-minded about my past. When others feel comfortable telling me something about my past that I can't or won't remember, I need to just listen and not make light of their issue. Humor is a wonderful gift, but not at these moments.

If our family and friends can continue to remind us of our past in a positive way, it just gives us more ammunition to continue our living amends for those we love and cherish.

Mick S., Hard Rock group

## *Calendar of Events!*

**But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. ~Big Book of Alcoholics Anonymous page 132**

Promises Club poker tournament, Aug. 13, 8:30 pm to 1:30 am. \$10 buy-in, \$15 re-buys and re-buys are unlimited. For info, contact Lora J. at [lora.jones63@yahoo.com](mailto:lora.jones63@yahoo.com).

69<sup>th</sup> anniversary of AA in Northern Kentucky, Aug. 13, Cold Spring Baptist Church. Celebrate with the long-timers (20 years +) who carried the message to us. Sponsored by the 2017 KY State Conference Committee. Long-timers admitted free; others pay \$15. Reservations required; seating is limited to 250. No tickets sold at door. Doors open at 6 pm, dinner at 6:30 pm, speakers Mimi D. and Brad T. at 7:30 pm. For info or to make a reservation, contact Alan O. 859-630-8928 or email [a.obewon@icloud.com](mailto:a.obewon@icloud.com).

August 27, Charlie Palooza, <https://www.facebook.com/Charliepalooza>

Seriously Sick on the Hill campout, Sept. 9-11, Franklin County Park, Brookville, Ind. For info and presale tickets (\$25), contact: Ace 513-515-3060, George R. 513-519-2036, or Rob S. 513-675-6385.

September 11, Promises Open, [http://aaarea56.org/09-11-2016\\_Promises%20\\_Open.pdf](http://aaarea56.org/09-11-2016_Promises%20_Open.pdf)

September 17, 7th Annual NKY Music Festival, at the Devou Park Bandshell

24th Annual Buckeye Roundup, "Life Will Take On A New Meaning," Nov. 4-6, Holiday Inn Eastgate. Speakers, workshops, dance, Texas Holdem, photo booth, euchre tournament and lots of fellowship. For info, contact Liz S. 513-515-0453.

January 6-8, 2017, Step 11 Men's Retreat Weekend, at St. Ann's Convent in Melbourne, KY.

February 3-5, 2017. Step 11 Women's Retreat Weekend, at St. Ann's Convent in Melbourne, KY.

66th annual Kentucky State AA Conference, Feb. 17-19, 2017, Cincinnati Airport Marriott 2395 Progress Dr, Hebron, Ky 41048. Register online at <https://2017kystateconference.eventsmart.com/>.

NKy Area Events: <http://nkyaa.info/events.html>

Area 56 Events: <http://www.aaarea56.org/events.htm>

Step 8 is the beginning of making amends, of healing the past with others. From the inventory of Step 4, I have a good starting place for making a list of people that I have harmed. I look over my personal inventory and possibly reflect on my life again. I make a list of the people that I have harmed. I can write down thoughts beside each name about what the appropriate amends might be. I then go through the list and make sure I am willing in my heart to make the amends.

*From 12Step.org*

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 if 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.

*Twelve Steps and Twelve Traditions, p. 77-78*

Step Eight is a social housecleaning, just as Step Four was our personal housecleaning. In Step Eight we're setting out to clean up all the bruised relationships and the pockets of guilt, pain, fear, resentment, and sadness that are stored inside, stuck to our shameful past deeds. For this undealt-with material blocks us from loving other people, ourselves, and God in the present.

It's as if God were saying, "Okay, now you want me to take all of your character defects, fine. Then you can be free and serene and the person I want you to be. But first you must see that almost all your troubles involve other people. You've tried to control them one way or the other or fix them; you have guilty or resentful feelings about them; or you have been so preoccupied with yourself and your feelings, dreams, and plans that you have ignored them emotionally and caused them to experience some of their worst fears of being deserted. Now I want you to face what you have done and *own your part* in hurting each person in your life so you can move into the future I have for you unencumbered by the past and beginning to understand how not to keep repeating the mistakes of that past.

*A Hunger for Healing, p. 135-136*

We will know we are ready and *willing* for this step when we can apologize to those who hurt us, when we don't follow the philosophy of "an eye for an eye" and cross off the list those who have gotten revenge or those whom we feel "deserved" our ill treatment. This step is not about judging others. We need to pull back into our humility and learn to replace judgment with attitudes of mercy and forgiveness. Whether our "enemies" ask for it or not, it is our responsibility to forgive them in our hearts and then apologize for our wrongdoing. This is the only attitude that will lead to emotional resolution.

We need to demonstrate a spirit of good will. In this spirit, we assume that no one has harmed us on purpose, that any pain inflicted on us was an accident of circumstance. We give them the benefit of the doubt. It is not our job or our concern to mention their transgressions or faults.

Don't forget to make amends to those from whom you have borrowed money or to whom you owe money. Instead of empty apologies, make payments on your debts...

*The Twelve Step Journal, by Claudette Wassil-Grimm, p. 224-225*

Reflecting on all levels of your awareness is very important to a thorough Eighth Step. When making a list of the persons you have harmed, consider the following:

- The name of the **person** who has been harmed...
- **Memories** of harm done...
- **Thoughts** about the harm...
- **Feelings** about the harm...
- **Intentions** you now have...
- **Amends** you can make for the harm caused...

*A Gentle Path Through the Twelve Steps, by Patrick Carnes, p. 159-160*

## The Central Office Mission Statement

The Central Office of Northern Kentucky, in partnership among AA groups in the community, has as its primary purpose: To assist these groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available local AA meeting directories and a newsletter. We also order, sell and distribute AA literature.

### What does Central Office do?

- Aids the family members of suffering alcoholics by telling them of Al-anon and providing a meeting schedule for them.
- Easy access to literature, coins and AA approved books at reasonable prices.
- Office is available for meetings during the day and evening hours.
- Updates to *Where and When* kept current and published at least four times annually.
- Inform groups and AA members about upcoming event dates and times.
- Keep current and updated web page for information on meetings and events in our local area.
- Prints flyers for groups' local events at a discounted rate.
- Aids in organizing fundraiser for correction committee.
- Supports districts, groups, and members with information in regards to establishing registered groups and home groups.
- Provides out of town or visiting AA members with current information regarding meeting dates and times.
- Provides an open door for information to homeless and passersby about a solution to their problem with alcohol.
- A person (not a recording) answers the phone to provide information to the suffering alcoholic, family members, and other AA members regarding a solution 24 hours a day.
- Assists with *The Message* (local newsletter) by copying all pages for distribution.
- Provides location for library of historical AA literature.

Next Intergroup Meetings—August 17 & September 21

We hope you've found this edition of *The Message* enjoyable, informative and insightful. As we are called to do in AA, please

**P**ass **i**f  **n** . . . .

## ***Faithful Fivers***

What is a 'faithful fiver?'"

A Faithful Fiver is a member of Alcoholics Anonymous who voluntarily participates to contribute a minimum of \$5 each month toward the support of their Central Office, assisting its efforts of carrying the message.

The idea of Faithful Fivers is based on the fact that many of us wasted many times this amount of money each month during our drinking careers.

It is the Faithful Fivers that can assist in getting the Central Office of Northern Kentucky over the hump each month instead of wondering how we are going to meet our financial obligations. The contributions are also tax deductible.

---

### **The Message Subscription Form**

Subscriptions are \$5 and are anonymous in delivery format (folded and stapled).  
Subscription is for a 1-year subscription (6 issues). Send form below with \$5 or a  
check made payable to:

N. KY Intergroup, 1545 Scott Street, 1st Fl., Covington, KY 41011

Name: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

Circle One:      New Subscription      Renewal

# THE MESSAGE

August, 2016

## *Motives and Actions—Step 8*

