



NEWSLETTER

September 2024

Ninth Step, Principle and Ninth Tradition

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.” ~Twelve Steps and Twelve Traditions, pg. 83

Principle of Step Nine

Responsibility can be used as the principle of the ninth step. In step nine we take a look at the damage that we have created in the lives of those around us. This step we are taking responsibility for our actions and making amends to those we have harmed. This step is on accepting responsibility and being willing to accept that not everyone will accept our amends.

Applying responsibility to step nine was crucial for my ability to complete it. Initially my mind attempted to use excuses that my active alcoholism caused no harm and minimal damage. Having a sponsor to guide me through the ninth step was necessary in-order to complete a thorough amends off my list. Understanding the urgency to do my amends, doing them thoroughly, properly, and with care, I could also understand which were appropriate and which would be harmful.

Looking back at making the amends I was able to it was of great relief. Many of the amends that had previously made me ill turned out to be positive experiences. This led to an ease in going forward into step 10 and helped in prevention of creating new harms to the best of my ability and the motivation to make amends as quickly as possible.

SOBERVERSARY UPDATE:



To have the most current members and Soberversary dates we have reset the list!

One day at a time, we like to have reminders we can achieve magnificent sobriety. At the 319, we celebrate these milestones. On our newsletter we like to recognize them starting at 1 year and each year after. Please let us know your sobriety date if you would like us to recognize your milestones in our newsletter by clicking on the following link:

<https://forms.gle/WNdWdNv8TP98pssa6>

7th Tradition

“Each A.A. group should be fully self-supporting, declining outside contributions.”

The 319 has reopened our contributions basket for this year. If you would like to contribute to The 319, A.A. World Services or Area 49 (our area) please visit our 319 7th Tradition page:
<https://319aagroup.org/7thtradition>



Lets Talk Traditions...

September 2024

Traditions are one of the cornerstones of our A.A. program. Traditions keep us from harming others.

Tradition Nine

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

When we get into questions of action by groups, by areas, and by A.A. as a whole, we find that we must to some extent organize to carry the message — or else face chaos. And chaos is not simplicity.”

When Tradition Nine speaks of “A.A. as such,” it goes to the heart of the A.A. experience, to the “spiritual simplicity” of one alcoholic’s saying, silently perhaps, “Help!” and another alcoholic’s answering, “I know how you feel. We’re here to help you.” Such a relationship couldn’t be organized. Or could it?

A nonmember familiar with modern business procedures might examine the A.A. practice of sponsorship and see it as a haphazard operation. How about computerizing it? Then an A.A. behind an intergroup desk might say, “So you want help? First, you need the right sponsor. We have personality profiles of all our sponsors fed into our computer. We’ll match you up to the best one for you if you’ll just fill out this questionnaire. ...Where are you going? Come back!” That would be an attempt to organize “A.A. as such.” (Please — nobody get any ideas!)

But in “action by groups,” we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what’s the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing meeting refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility — not taking on authority. Group officers are responsible to the members of the group; intergroup committees, to the groups in one locality; institutions committees, to A.A. groups in treatment facilities and correctional facilities; area committees, to all groups in their areas; Conference delegates and committees, to all groups in the U.S. and Canada; the General Service Office and Board and the board’s committees, to all groups and members everywhere. ~12 Traditions Illustrated, pg. 10



Steps, Traditions and ...Concepts?

September 2024

What's To Know?

Many times we hear in the rooms of Alcoholics Anonymous about working the steps, using the traditions even though this program is structured with 36 principles—12 Steps, 12 Traditions and 12 Concepts. The Concepts are how Bill W. explained the foundation of A.A. structure and how the parts of it work together. They can be found in the A.A. Service Manual—Twelve Concepts for World Service.

Looking In: Concept IX

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”—*Concept Nine*

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous. “No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure . . . Weak leadership can hardly function at all, even in the best of structures.”

Due to A.A.'s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The GSR is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. Together the GSRs are A.A.'s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates and the area's candidates for trustee. Groups who have not named GSRs should be encouraged to do so. And as the GSRs meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. “Who are the best qualified people?” should be the thought of all.

“No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of real leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us. ~12 Concepts Illustrated, pg. 19



SEPTEMBER SOBERVERSARIES

September 2024

A huge shoutout to....

One Year (2023)

<i>Frank P. 9/1</i>	<i>Alberto P. 9/19</i>
<i>David I. 9/1</i>	<i>Amy S. 9/19</i>
<i>Kevin R. 9/3</i>	<i>Robin F. 9/25</i>
<i>Vicky G. 9/6</i>	<i>Marlin A. 9/30</i>
<i>Lizeth P. 9/14</i>	
<i>Manda Panda 9/17</i>	

Two Years (2022)

<i>Abe B. 9/24</i>	<i>Sarina S. 9/22</i>
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Three Years (2021)

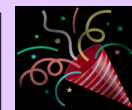
<i>Ian J. 9/27</i>	<i>Jean D. 9/6</i>
<i>Kell C. 9/7</i>	<i>Nikki J. 9/5</i>

Four Years and Beyond...

<i>Jack C. 9/1/2020</i>	<i>Tim D. 9/16/1991</i>
<i>Doug R. 9/7/1994</i>	



Happy Soberversary!





Coming Soon: 2025 A.A. Convention

September 2024

Did you know?

2025 A.A. International Conference is coming!



*Language of the Heart
Lenguaje del corazón
Le langage du cœur*

◇WHERE: Vancouver, BC, Canada

◇Thursday July 3rd to Sunday, July 6th, 2025

◇Cost: When registration opens in September of 2024 online, it will cost \$160.00 (USD) per person. A few months leading up to the convention, the price will increase to \$185.00 (USD), where it will remain that price for those registering on site when the convention begins.

◇Key Points:

- ◇The registration hall will open on Wednesday July 2nd, for those registering in person.
- ◇The block party will be on Thursday.
- ◇The daytime A.A. meetings will be held on Friday and Saturday throughout the Convention Campus.
- ◇There will be three big meetings that will be held at BC Place Stadium on Friday, Saturday and Sunday.

Need more information?

Please checkout the link on the AA.org website by [clicking here](#).



Getting Into Action...

“If you want to drink, that’s your business. If you want to stop, that’s ours!”

September 2024

How can YOU get involved at 319?

Getting into Service—

Come join the 319 Service Team! Training for co-hosts, hosts and chairs happens every week on the following schedule. All times are in EST (Eastern Standard Time).

◆ FULL TRAINING — Must have desktop or laptop and a minimum of 30 days continuous sobriety

- ◆ Sundays @7PM EST
- ◆ Tuesdays @7PM EST
- ◆ Saturdays @11AM EST

◆ CHAIR ONLY TRAINING— Must have a smartphone/tablet/iPad and a minimum of 60 days continuous sobriety. Please email 319freedom@gmail.com to request an appointment.

For ALL trainings: Zoom Meeting ID is 768 635 8229 Password 702409

- ◆ Feel free to Zoom in to a training session that works for you! Please join on the device you will use while in service (i.e. computer, phone, iPad ETC.)
- ◆ Allow 2 hours for training

IN SERVICE ALREADY?

Have you taken the refresher?

If not, contact Peaches as soon as possible!

Stay Involved With 319...

Come join *319 Group Conscience/Business Meetings* held every 2nd Friday of the month, 6:30PM EST. Group Conscience/Business meetings address current issues, concerns or suggestions that impact the group as a whole.

You're also invited to our *Sharing Sessions*, now being held every 3rd Wednesday each month, 6:30PM EST. Sharing Sessions allow members to bring their concerns to the table prior to the upcoming Group Conscience.

Details available on page 6 of our newsletter!



Where To Be and Updates from Your Committee...

September 2024

Other 319 Meetings...

12 Steps and 12 Traditions

Time/Day: Sundays at 6:00PM EST

Big Book Study

Time/Day: Sundays at 8:30PM EST

Men's Meeting

Time/Day: Mondays at 8:00PM EST

Womens Meeting

Time/Day:

Tuesdays at 6:00PM EST

Wednesdays at 7:00PM EST

NEW Sharing Sessions

3rd Wednesday of every month @6:30PM EST

— Next session: September 18th

Newcomers Meeting

Time/Day: Thursdays at 8:00PM EST

Speaker Meeting

Time/Day: Saturdays at 5:00PM EST

More information on how to attend please visit <https://319aagroup.org/calendar>

For Meeting IDs/passwords, ask a cohost in our main meeting or email — 319freedom@gmail.com

Committee Updates

- ◇ We welcomed new members on to the committee and taking a seat on September 19th (See page 8 for the details!)
- ◇ Group Inventory was accomplished
- ◇ A HUGE thank you goes out to our outgoing committee members Glenn D., Beth J. and Deb K.

SAVE THE DATE

Group Conscience Meetings

(2nd Friday of Every Month @6:30PM EST)

- ◆ September 13th
- ◆ October 11th
- ◆ November 8th

Meeting ID/Password will be sent out to all Home Group members.

Access will also be available on the main page of our website prior to the meeting.



This month I finish my term as Head Chair and would like to thank all the folks who served on the Committee with me this past year. Rusty, Jim, Tim, Peaches, Tony, Glenn, Artsy Beth, Jack, JNL, Amanda, Bubbly Beth, Kristin and Deb have been a wonderful group to work with, and all of our service volunteers (over 200!) I've learned a lot and hope I've left the group healthier than when I started this position.

Yours in Service & Fellowship,

Ande & Your
Trusted Committee



Service Committee Members

September 2024

WELCOME TO OUR NEWEST COMMITTEE MEMBERS AND THOSE REELECTED TO THEIR POSITIONS!!! (Newest Committee members and Committee members with new positions are in bold)

Head Chairperson – **Wilson B.**

Lead Chairperson – Rusty (Mama Bear)

Secretary/Committee Facilitator – Jim C.

Alternate Secretary/Committee Facilitator – **Alley B.**

Treasurer – Tim D.

Alternate Treasurer – **Bill T.**

General Service Representative (GSR) - **Jack C.**

Alternate General Service Representative (GSR) - **Natalie N.**

Head Trainer – Pam B. (Peaches)

Alternate Lead Trainer – Tony G.

Community Outreach – **Brandy S.**

Alternate Community Outreach – **Alijah**

Safety and Support – John (No Lies) aka JNL

Alternate Safety and Support – **Mel C.**

Head Technical Security – Amanda S.

Alternate Technical Security – Beth D.

Scheduling (Co-Host Liaison) – Kristin B.

Scheduling (Co-Host Liaison) – **Jan H.**