



MID-MISSISSIPPI INTERGROUP

SOBRIETY GAZETTE

VOLUME 1, ISSUE 5 Sept. - Oct. 2022

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

GOOD judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

(Source - AA Twelve Steps and Twelve Traditions Book - Step 9 - Pg. 83)

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The Sobriety Gazette is a publication of Mid-Miss Intergroup. The purpose is to improve communication between local A.A. groups, inform and encourage participation in service opportunities and events that promote sobriety. Opinions expressed do not necessarily indicate endorsement by the Central Office or Alcoholics Anonymous as a whole.

Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

(Source - AA Twelve Steps and Twelve Traditions Book - Step 10 - Pg. 88)

Tenth Step Promises

Common Readings, Uncategorized / By DavidM

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

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Other AA-related Web Sites:

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

AA Grapevine – The International Journal of Alcoholics Anonymous



NOTE --- You must subscribe to read any of this material on-line, but please consider subscribing, as it has a lot of great AA stories and information.

ALSO from the AA Grapevine...

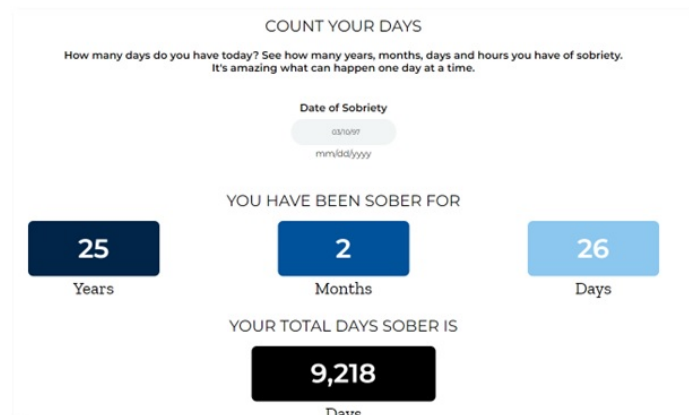
(Free) Online SOBRIETY CALCULATOR -

<https://www.aagrapevine.org/sobriety-calculator>

COUNT YOUR DAYS

How many days do you have today? See how many years, months, days and hours you have

of sobriety. It's amazing what can happen one day at a time.



Screenshot of EXAMPLE:

AA Acronyms

AA members follow their own advice by “keeping it simple” with acronyms. These sayings inspire empowerment, prevention, and a reminder of the principles that are taught in the group. Some acronyms adopted by the AA community include:

Hungry, Angry, Lonely, Tired (HALT) – Referring to the common triggers involved in relapse. When temptation strikes, make sure you’re putting your mind and body in check.

Sobriety Losing Its Priority (SLIP) – When menial issues take precedence over sobriety, this can challenge the recovery process.

Keep It Simple, Stupid (KISS) – Stress and over-complication can lead to temptation. Maintaining simplicity can cut the distraction and ensure focus on recovery.

False Expectations Appearing Real (FEAR) – Fear and anxiety are sometimes unfounded, but feel very real. Deciphering what is real and what is not is an important step in recovery.

Good, Orderly Direction (GOD) – Guidance from a higher power is a core principle of the teachings of AA.

Easing God Out (EGO) – Feeling that you can take on more than you’re able can lead to relapse. By easing out your higher power, you’re losing a level of support that is much needed in recovery.

Hang In There (HIT) – The road to recovery is a very bumpy one. Sometimes, we need a good reminder that there are better times ahead.

Source: <https://vertavahealth.com/blog/alcoholics-anonymous-recovery-sayings/#:~:text=%E2%80%9CWhat%20other%20people%20think%20of,finds%20happiness%20in%20helping%20others.>

Common Recovery Sayings In Alcoholics Anonymous

Realistic expectations are one of the many reasons for the success and longevity of AA. Your experience with addiction and recovery will never be sugar-coated. Honest, authentic representations are useful in accepting things that have happened. Some blunt sayings regarding addiction and the recovery process include:

“If you like everyone in AA, you’re not going to enough meetings!”

“I’ve never done anything in moderation — except maybe these steps.”

“You are not responsible for your disease, but you are responsible for your behavior.”

“Sponsoring yourself is like using unskilled labor.”

“An alcoholic without a sponsor is like leaving Dracula in charge of the blood bank.”

“If you want what you’ve never had, you must do what you’ve never done.”

“Winners do what they have to do and losers do what they want to do.”

“Most alcoholics would rather die than learn anything about themselves. In fact, they do.

“Insanity is not doing the same thing over and over again expecting different results; insanity is doing the same thing over and over again knowing full well what the results will be.”

*These honest quotes have been adopted by the AA program as **unofficial mantras** to assist members when hope is hard to find. These quotes serve as reminders to stay grounded in recovery, and acknowledges the difficulties in a realistic and clever way.*

Source: <https://vertavahealth.com/blog/alcoholics-anonymous-recovery-sayings/#:~:text=%E2%80%9CWhat%20other%20people%20think%20of,finds%20happiness%20in%20helping%20others.>



The history behind reading The Lord's Prayer at 12 Step meetings

It is mentioned in Dr. Bob and the Good Oldtimers that the prayer was used from the very beginning in the Fellowship, at least as early as 1938 and 1939. In those days there was no AA literature, so the early groups relied heavily on existing prayers, and on the Bible and Oxford Group literature, for inspiration and guidance. Bill W. commented several times in his correspondence about the early use of the Lord's Prayer. He wrote a letter to a member in 1959 in which he stated: "This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people with A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us." Bill also wrote the following in a 1955 letter: "Of course there are always those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless, this Prayer is of such widespread use and recognition that the argument of its Christian origin seems to be a little far-fetched. It is also true that most AA's believe in some kind of god and that communication and strength is obtainable through his grace. Since this is the general consensus, it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding 'our light under a bushel.' However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress." As Bill's 1955 letter indicates, recitation of the Lord's Prayer at meetings has clearly been controversial in some circles almost since the beginning. The GSO has responded to letters on this issue since the 1940s and 1950s. It is continually addressed in articles in Box 459 and the AA Grapevine, and has often been asked about at the General Service Conference. For example, at the 1962 Conference, in one of the Ask-It Basket questions, this subject was broached: "Question: What is the procedure for dealing with individuals who refuse to stand during recitation of the Lord's Prayer? Answer: Participation—or non-participation—in recitals of the Lord's Prayer should be considered a matter of personal conscience and decision."

G.S.O. Archives

A Declaration of Unity

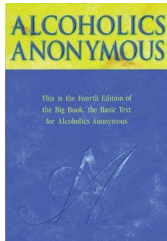
This we owe to A.A.'s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

I Am Responsible...

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

A.A.'s Legacy of Service by Bill W.

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service. Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.



BIG BOOK EXCEPRTS

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ALCOHOLICS ANONYMOUS

(NOTE - ...the following is starting at the 3rd paragraph down, on Page 76...continuing onto Page 77...)

Now we need more action, without which we find that "Faith without works is dead." Let's look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol*.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

INTO ACTION

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We might prejudice them. At the moment we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. It is seldom wise to approach an individual, who still smarts from our injustice to him, and announce that we have gone religious. In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatics or religious bores? We may kill a future opportunity to carry a beneficial message. But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.

(Source - AA Big Book - Pgs. 76-77)

Upcoming Events Calendar

Please send event notices and updates to Randy B. at midmissintergroup@gmail.com

Mississippi (AA) Events - Fall 2022 (Updates)				
Month	Event Name	Details	Day/Date/Event Time(s)	Location (Name) and Address
September	Vicksburg Group 47th Annual Fish Fry	The Elk's Lodge 1366 Highway 61 South Vicksburg, MS 39180	Sept. 23 (Friday) & Sept. 24 (Saturday), 2022	CONTACTS Hardy S. - Chair 318- 341-8072 Bonnie M. - Co-Chair 601-415-3843
October	Mid Mississippi Intergroup Fund Raiser	Help support your local AA Central Office continue to facilitate Twelfth Step work in the mid Mississippi area	Saturday, October 8 5:30pm till 9ish	Ascencion Lutheran Church Gym, corner Old Canton and County line Rd. (601-982-0081) for information. BBQ by Tom K, Raffles, Take out avail. \$15.00, speaker etc
November	32nd Annual Gratitude Roundup	Contact: Laurel W. - 845-656-5336. Best Western reservations (discount) 228-864-0050 Event starts 4pm Fri.	November 25, 26, 27	Gulf Coast Event Center, 9475 Hwy 49, Gulfport MS 39503 \$35 per person in advance, \$40 at the door

BECOME A FAITHFUL FIVER

“Every AA wants to make sure of his survival from alcoholism, and his well-being afterwards. This is just as it should be. He also wants to do what he can for the survival and well – being of his fellow alco-holics. Therefore, he is bound to have a vital interest in the parlance and well-being of AA itself.” Bill W. Language of the Heart, p 166

Faithful fivers are AA members who pledge at least five dollars each month to support their local Central Office. This idea is catching on around the country. The plan came about when we remembered that many of us had spent far more than \$5.00 a month on alcohol during our drinking days. As a Faithful Fiver, you support the efforts of Mid-Mississippi Intergroup to carry the AA message of hope to still-suffering alcoholics.

To become a faithful fiver, please send your \$5 monthly donation to:



Mid-Mississippi Intergroup
 PO Box 16228
 Jackson, MS 39236



NOTE

The Central Office is eternally grateful to all of its' supporters, and feel that it's important to THANK all of those who have been consistent, faithful 5'er contributors over the past three years...

They are all listed below - Thanks to one and all !!!

- | | | | | |
|--------------------|--|-----------------|-------------------|------------------|
| Al H. | Kurt S. | John H. | Bobby W. | Robert G. |
| Donna H. | Bruce M. | Keith F. | Linda O. | Patti H. |
| Karen M. | Richard M. | Nick C. | Brad B. | John W. |
| Will W. | JoBeth W. | Ellie C. | James W. | Lisa A. |
| Benjamin P. | Pat Y. | Bee W. | Chris G. | Myra D. |
| Nicki R. | Bonnie H. | Hugh B. | Lorenzo D. | Dick K. |
| Sam L. | <i>(...plus numerous ANONYMOUS donors also...)</i> | | | |



Please email me your sobriety birthdate, so that I can put it in the future editions of the Sobriety Gazette

Office / Area Announcements

PAYPAL FOR MID MISSISSIPPI INTERGROUP

For your convenience we now have the ability to accept PayPal. This is for Individuals, Groups or Faithful Fivers.

Use midmissintergroup@gmail.com to find us.

AREA 37 GROUP AND DISTRICT DONATIONS

Please Mail Area 37 Group and District Donations to

Area 37

c/o Frank P.

413 Pelahatchie Shore Dr.

Brandon, MS 39047



Office Hours, etc... Trusted Servants



Contact us at

Telephone **601-982-0081**
4526 Office Park Drive Jackson,
MS 39206

Mail Donations to:

PO Box 16228
Jackson, MS 39236

Web Site

www.midmissintergroup.org

Email us at

midmissintergroup@gmail.com

Office Hours 12:00 pm - 5:30 pm

Tuesday and Friday Curbside only

Need something special, call the
office for arrangements.

YOUR TRUSTED SERVANTS

Chair: Steve S.

Treasurer: Karen M.

Secretary: Bruce M.

Corrections: Teresa R.

Treatment

Centers Sandy S.

Office Manager: Paxton P

Asst. Office Manager: Randy B.

Intergroup Liaison: Kurt J.

IT/Web: Michael R.

Newsletter: Steve J.

NOTE

All embedded web links contained in this PDF,
including the Gmail (email) link to the Intergroup
(above) should be functional **while viewing this PDF**
on a computer...*except* any links contained in the
Upcoming Events (pg. 8)...simply because the
calendar is a .jpg/picture...)