



## *Daily Reflection—September 1*

### WILLINGNESS TO GROW

If more gifts are to be received, our awakening has to go on.

— AS BILL SEES IT, p. 8

Sobriety fills the painful "hole in the soul" that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.

From the book *Daily Reflections*

### *A Note from Kerry H, SIG Office Manager*

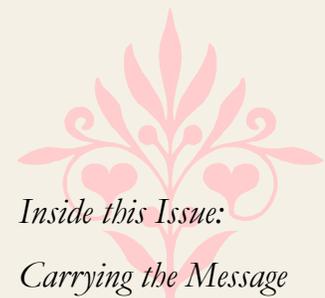
#### **Hello Family!**

Labor Day is just around the corner. What are you doing for the holiday to stay sober? Will you be meeting with a sponsor or sponsee? Calling an old friend to keep in touch? Or perhaps calling a newcomer to welcome them into their new family and life?

Creating and maintaining our network of AA Family is extremely important. If you pick up the phone when **nothing** is wrong, when something **is** wrong you're more likely to pick up the phone instead of picking up that drink.

A couple of suggestions are to hit up a meeting you've never been to before and introduce yourself to at least one person you don't know. Make sure to get the phone number of that newcomer who came in last week shaking like a leaf and give them a shout. I know they would appreciate that. I sure did!

**We are not alone anymore!**



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Carrying The Message: Let Go and Let God

What constitutes a miracle?

As I arrived at a Treatment Commitment meeting facility, I heard discord and aggression from many male voices, along with a T.V. blaring and patients laughing. I approached the office to inform the staff that I had arrived to host an AA meeting. As I turned around to take in my surroundings, I saw about 15 men in random groups. Some were hyperactive while others appeared to be dazed and confused.

As I was attempting to contact an AA Brother for support, facility staff yelled out to the patients asking if they wanted to participate in an AA meeting. They ignored the question and continued to carry on. My AA Brother informed me that he was stuck in traffic and it didn't look like he was going to make it. I felt alone and was quite intimidated.

A couple of patients came walking down the hallway and one was yelling that they wanted an AA meeting. My thought was, "Oh dear Lord, I have to do this by myself". With fear and anxiety in my heart, I asked God for direction and walked into the chaos. Somehow, I maintained my focus.

While the majority of patients continued to treat the meeting as a joke and remained rambunctious, I introduced myself and asked for assistance with the opening readings. The one patient who requested the meeting volunteered and I asked another person from the group to assist. Through the cacophony of voices, I introduced myself and opened with prayer. I told my story and then went around the room asking for their stories. At some point, the chaos died down and a calmness overcame us. At the end of the meeting, I asked them to bring it in for prayer. They all came forward and the room became tranquil and I felt peace.

This is the best that I can recall how this meeting proceeded. Looking back, it was like I was floating through a cloud. This was not my first Treatment Commitment meeting and I have no idea what happened, it was like a dream. All I know is that it was not me in control. God had taken over the steering wheel. Message delivered.

Yolanda M.

In Memory of Kenny G.

Sobriety date: 7/17/1991

Please take a moment to remember our Brother in Sobriety Kenny G. who passed on August 16, 2021. He was loved by many and will be missed by all.

August Financial Snapshot

Income

Contributions:	2675.88
Sales:	1509.35
<i>Total Income:</i>	4185.23

Expenses

Merchandise:	1162.44
Expenses:	1038.66
<i>Net Income:</i>	1038.66

A detailed set of financials is emailed to your IG Rep monthly.

# Happy Birthday

Newsletter Staff:	?	Sept 1		
Carrie S: Layout Editor		Maj. W, 7 yr.		
Carter L: Roving Reporter	?	Sept 4		
Tricia W: Proof Editor		Larry B 14 yr., speaker Calvin Z		
Sharon A: Contributing Writer	Early Bird	Sept 11	7:30 am	Clubhouse
Yolanda M: Contributing Writer		Michael L 2 yr.		
Kerry H: SIG Office Manager	Early Bird	Sept 14	7:30 am	Clubhouse
		Cyndie P 1 yr.		
Send submissions to:	High Noon	Sept 25	12:00 pm	Clubhouse
sig.intheloop@gmail.com		Joe B 33 yr., Sharon I 1 yr., Andy G 1 yr.		
All entries welcome!	Southside	Sept 30	8:00 pm	White Bluff UMC
		Charles N 19 yrs, Jerry Lee 19 yrs, Kenny H 27 yrs		

Ya Ya Sisterhood will be celebrating 4 years as a group on the 30th. Come out and join us in the celebration.

**\*\*\*NOW OPEN!\*\*\***  
 Women's Daily Meditation Meeting  
 Tuesday and Friday at 8 pm  
 Zoom only!  
 See our website for the link

**Freethinkers, Atheists and Agnostics is now called Sunday Secular Meeting**  
**Bring a chair and park on the outside of the circle**  
**11 am at McCauley Park**  
**3423 Battey (50th & Battey)**



**SAVE THE DATE!**  
 September 6  
 1:30 pm at the Clubhouse  
 Food, Fun, Fellowship  
 Bring a side dish or dessert and don't forget to bring a friend!!!

"Faithful Fivers" are AA members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Intergroup Office. The Faithful Fivers idea came about by remembering how many of us wasted many times that dollar amount in far less time during our drinking careers.

Consider auto pay: We accept PayPal, Venmo and Zelle

**5 5 5**



### Autobiography in Five Chapters

#### I

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost... I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

#### II

I walk down the same street.  
There is the deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place.  
But, it isn't my fault.  
It still takes me a long time to get out.

#### III

I walk down the street. There is a deep hole  
in the sidewalk.  
I see it is there.  
I still fall in. It's a habit.  
My eyes are open.  
I know where I am.  
It is my fault. I get out immediately.

#### IV

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

#### V

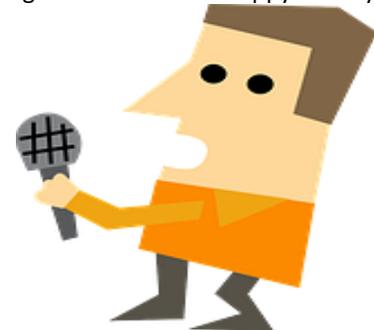
I walk down another street.  
-Portia Nelson

The journey through self-realization is a beautiful one, allowing us to develop the ability to practice certain principles, one day at a time. In the 9<sup>th</sup> month we consider the principle of Step 9, discipline. This autobiography illustrates how our lack of self discipline led us into the same holes, time and time again. It is only after working the steps that I develop a realization of my carelessness, with myself and with you, and a willingness to correct these wrongs so that I may behave differently, today and in the future.

Step nine requires we practice discipline in taking the previous eight steps' principles and applying them outside the rooms of Alcoholics Anonymous. It requires that we follow the instructions and suggestions given us as we work this step, lest we may ruin a good opportunity to right old wrongs. Self discipline is required to make the amends I would rather avoid, and ensures that I do not allow myself to go back to doing the same bad behaviors that always got me in trouble in the first place. As Chris M. of Serenity group stated during our chat, prior to this program teaching us self discipline we struggled with seemingly simple 'adult' tasks; like getting up on time, getting off work on time, and having the discipline and willingness to right my wrongs.

"What I personally love about the amends process is that with thought, meditation and prayer, along with my sponsors guidance, the amends themselves actually lead me to the *different behavior* that I seek." Working the ninth step opens up the connection to others that we have so longed for, and often used alcohol to falsely create. He summed up this step for us beautifully saying, "feeling a 'part of' is what my ninth step gives me; it allows me the ability to step back and let the healing process do what it does. [Step 9] also allows the people I hurt the most, and loved the most, to exhale; I get to see them enjoy the new me."

It is for these reasons, and to learn to walk down a new street, that we willingly move into and through Step Nine, practice the self discipline this program requires of us, and trudge together the road of happy destiny.



Roving Reporter

## *AA's Three Legacies*

***Step Eight: “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 cleansed away the debris of the past, we consider how, with our newfound 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 if a willing start is made, then the great advantages of this so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

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

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, where medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same.

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 be help and be helped.

***Concept VIII: The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall 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.***



Calendar—Meetings:

Intergroup:	6:45 Club	1st Tues
Grapevine:	9:00 am Zoom	2nd Sun
Treatment:	6:45 Club Pavilion	3rd Thurs
PI/CPC:	6:30 Club	3rd Wed
Corrections:	7:00 Zoom	2nd Tues
District:	7:00 Club	Last Tues
Newsletter:	4:30 Club	2nd Mon

Please note: Any donations made must be addressed to the appropriate group and sent to the appropriate address:

SIG: 6205 Abercorn St. Ste 110 Sav 31405  
 CFC: PO Box 14093 Sav 31406  
 District 5 Fund: POB 60493 Sav 31420

New Years Eve Fund: PO Box 13436 Sav 31416

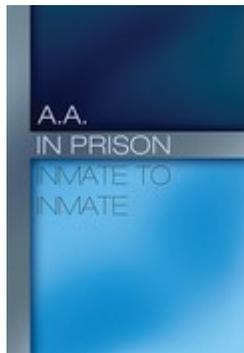
Make check out to Georgia Alcoholics Anonymous

Memo line: NYE Committee

**Book of the Month:**

On sale for \$1 off the month of September

Come to the office to get your copy!



**Savannah Area Intergroup**  
 Office hours—M-F, 10-4  
 6205 Abercorn St., Suite 110  
 Savannah, GA 31405  
 912-356-3688 (24 hours a day)  
[sig.office@savannahaa.com](mailto:sig.office@savannahaa.com)



Silicone bracelets Debossed with “One Day At A Time” and “To Thine Own Self Be True”

\*\*\*\*\* On sale for \$4.50



### Acceptance

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.