

Daily Reflection—August 1

LIVING IT

The spiritual life is not a theory. We have to live it.

ALCOHOLICS ANONYMOUS, p. 83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

From the book *Daily Reflections*.

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A Note from Kerry H, SIG Office Manager

Hello Family!

August already!?!? Time flies when you're having sober fun! Our next sober party is being planned for September. We are trying to find a venue now. We could use a little help on the Special Events Committee. The point of having sober parties for our community is to show our newcomers that you can still have fun in sobriety while promoting unity, recovery and fellowship.

Don't forget the Circle and Triangle's second workshop is coming up on the 13th in Midway. Speakers, food and fellowship! Registration starts at 9:30 and the festivities start at 10 am.

Also for those of you that go to Assembly, it's next month, so don't forget to book your hotel room before they are sold out! See you in Dublin next month!

Kerry



Please keep John S and his family and Kelly H and her family in your prayers, as they have both lost family members recently. Also Joseph and Jacky T both had house fires. If you could reach out to see what they may need.

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Action and more action!

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

So here we are at another *became willing* Step. Step 8 is a continuation of completing our personal moral inventory, and a preparation for our practical application in Step 9. More specifically it allows us to go deeper and now suggests assigning names to our prior personal inventory. This Step provides us an opportunity to learn, grow, and improve our relationship with our Higher Power, ourselves, and with others. The potential obstacles for our success with this Step are authenticity and forgiveness. Why is this important to know? Without proper understanding and application of authenticity and forgiveness, we would not be appropriately prepared for completing our 8th Step list.

If we are not honest with ourselves in this Step, then there will be little progress made and all our strenuous but misguided efforts would have been in vain. Hence, in the end, to make it easier for ourselves, it is best we do our utmost the first time around. Forgiveness is also an important component of this Step, and we need to consider all three facets of forgiveness. There are three realms of forgiveness related to this Step: The God of our understanding (our Higher Power), ourselves, and others. To better understand forgiveness, we need an accurate understanding of transgressions. A transgression is an act that violates a code of conduct, law, or rule. When a transgression is committed, there are three possible responses: self-forgiveness, defensiveness, or self-condemnation. Self-forgiveness is the more preservative option. Defensiveness and self-condemnation are the destructive ones. These responses are utilized to deal with or alleviate the guilt and shame experienced as a consequence of a transgres-

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July YTD Financial Snapshot	
Operating Income	13,197.01
Operating Expense	<u>(16,401.71)</u>
Operating Gain/Loss	(3,204.70)
Merchandise Income	14,485.06
COGS	<u>(10,993.57)</u>
Merchandise Income	3,491.49
Ordinary Gain/Loss	286.79
Other Income	<u>35.74</u>
Net Gain/Loss	322.53

"Faithful Fivers" are AA members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Inter-Group 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. Enrollment is always open! Send name, address, phone to sig.office@savannahaa.com



Newsletter Staff:
 Carrie S: Layout Editor
 Ed R: Roving Reporter
 Sharon A: Contributing Writer
 Yolanda M: Contributing Writer
 Kerry H: SIG Office Manager
 Send submissions to:
 sig.office@savannahaa.com
 All entries welcome!

Steve S 16 y	Lyndon 17 y	Eric 2 y	Trevor 3 y
James P 4 y	Sally K 41	Erin S 18 y	Olivia A 2 y
Jamie H 1 y	Matt B 1 y	Charles N 20 y	
Jerry Lee 20 y	Kenny H 28 y	David A 10	Ken K 34 y

NEW MEETING

NOON DOWNTOWN

1427 37th St
 2nd Arnold Missionary
 Baptist Church
 Tuesday O,D
 Thursday O, BB Study

NEW MEETING

Queer Ideas

1st City Pride Center
 1515 Bull St.

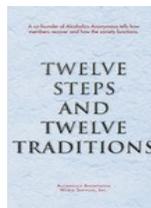


**White Bluff Group has
 reopened
 Tue & Thur 5:30 pm**

NEW MEETING

WEDNESDAY NIGHT LIVE

Saturday Night Live is hosting a new
 Open Step Study
 Wednesday night at the clubhouse at
 10 pm.



Back in the Day AA Meeting

ZOOM ONLY

Tuesday and Friday at 4 pm
 See our website to connect via
 Zoom
 www.savannahaa.com

NEW MEETING

Freethinkers Speaker/Open Discussion Steps Meeting

Thursday 6 pm at St Paul's Episcopal Church 2nd Floor

Enter on the side of the bldg. at 34th St

Open Speaker Discussion Meeting on the Steps

Come one! Come All!



Action and more action cont.

sion. Something I just recently learned and found helpful is that causing a transgression may make us feel as if it puts us on a level beneath others, avenging a transgression may make us feel as if we are better than others, but forgiving others sets us free from both. So, if you are like me and struggle with self-forgiveness, what path can we take other than being defensive or self-condemning? It's through self-forgiveness and it has been suggested that humility is needed for self-forgiveness. Yep, humility is required for our self-forgiveness, too.

First, we need to forgive our Higher Power. If need be and we are struggling with this thought or notion, we can ask His help for this as well. I'm thinking that many of us at one time or another have blamed God for something. If this is the case, we need to extend forgiveness or ask for help in forgiving. Next, we need to extend forgiveness to ourselves. If we have not forgiven ourselves, our forgiveness to others will be incomplete, superficial, or done with the wrong motives. Remember, self-forgiveness is not a matter of assigning blame to someone else and/or excusing ourselves. It is merely an acknowledgment that we are human like everyone else and that we have now reached a stage in our recovery where we are able to extend to ourselves the greater respect we have so desperately been seeking. When we forgive ourselves, it will not change our past, but it can assuredly help us in changing our future. Once these first two have been accomplished, we are now more capably ready in extending forgiveness to others.

Equipped and ready we can now sit down with pen and paper and tackle Step 8. It is suggested as we begin our Step 8 list that we categorize our list of names into four categories: those to make amends to now; those to make partial amends to; those to make amends to at a later date; and those we may never be able to make amends to. Keep in mind that we are not actually making amends yet, we are merely making our lists. It is not unheard of to experience an increase in negative self-talk. If this is the case for you, it is suggested and important that you reach out for help. Talk to an AA friend, your sponsor, or a professional if needed. This will help you avoid any tendencies towards relapsing.

by Sharon A

DIRECTIONS TO THE OFFICE

Coming from DeRenne: Pass Twelve Oaks shopping center and look for the hotel Home 2. Before that there is a red brick building on the right and the Fred Williams building is in between them. Make the right into the parking lot of that red brick building before the Fred Williams building. Go all the way down to the end where the dumpster is and the parking lot will connect to the back of our building. Park anywhere. Go in the back of the building and we are the first door on the right. **IF YOU'RE COMING FROM THE MALL SIDE GET ON WHITE BLUFF GOING TOWARD DERENNE AND MAKE A RIGHT WHERE THE COLLEGE IS. FOLLOW THE SAME DIRECTIONS TO MAKE THE RIGHT AT.**





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 cleaned 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 unsparring survey of the human wreckage he has left in his wake.

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, 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.

Concept Eight; 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.



New Coins Just In!

\$3.00

Coin gift bags \$1.00

New keychains

Stop by the office to check them out



2023 Wall Calendars are in
Stop by the office to get yours

\$15





Calendar—Meetings:

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

Please note: Any contributions 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

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

Newsletter entries:

Book of the Month

Twelve and Twelve

Pocket size

\$1 off



Eighth Step Prayer

Higher Power, I ask for your help in making my list of all those I have harmed.

I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me.

Grant me the willingness to begin my restitution.

This I pray.

IS YOUR UNITY IN JEOPARDY? THERE'S A TRADITION FOR THAT!

WHAT IS: A WORKSHOP
ON HOW THE TRADITIONS
BRING UNITY TO AA
AND OUR RELATIONSHIPS

WHERE IS:
MIDWAY UNITED METHODIST CHURCH
215 MARTIN RD. MIDWAY, GA

WHEN IS: SATURDAY
AUGUST 13, 2022; 10am - 2pm
(REGISTRATION BEGINS AT 9:30)

JOIN US FOR
SPEAKERS SHARING THEIR EXPERIENCE ON ALL 12 TRADITIONS

FEATURING

- 1-3: Brad R & others from 7B (Warner Robins)
- 4: Michele H (Broad Highway)
- 5: Peri K (New Women's)
- 6: Joe W (High Noon)
- 7: Kelse (Sunrise Solutions)
- 8: Kerry H (Rincon)
- 9: Daniel (Men's Club)
- 10: Becky S (DCM, 5C)
- 11-12: Debra C and Jack C (Brunswick)

WITH A BBQ CHICKEN LUNCH BREAK
AND TRADITION THEMED JEOPARDY GAME!

ZOOM ATTENDANCE INFORMATION
MEETING ID: 876 8511 4747 PASSCODE: 960211

HOSTED BY ZONE B

Area 16 Communications Forum



**AA Tradition and Technology:
Sharing Experience &
Best Practices for
Online/In-person Groups**

Saturday, August 27th 10 AM to Noon

Meeting ID: 709 870 9964

Passcode: DrBob1935

While our literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity.

Forward to 4th Edition of Alcoholics Anonymous