

Living Miracles ^{Step}

SEPTEMBER 2021

9 Making Amends to Free Ourselves from Burdens of Guilt & Remorse

Sorry, folks, no Anniversaries were sent into the newsletter for this month.

Please **email** your anniversaries and group celebrations to

papamoag@gmail.com

Nov. copy in by 11pm, Oct. 28



AREA SERVICE MEETING & COMMITTEES

Central ASC Online: First Wednesdays, at 7pm, <https://us02web.zoom.us/j/84295112293>

Central Area Service Committee: ASC Chair is Jill B., 301-448-6913.

Central Area Vice Chair: Tony B. 240-505-4320

Area Secretary: Becky B. 443-878-4067

H&I : Chuck H. Chair, 301-775-0786

Public Information: Susie K, 443-938-1858

Special Events : Christina G, 301-461-6174.

CPRNA Regional BOD, Central Area Board Member is Sonia OJ, 443-847-8000.

Step 9 -- We made direct amends to such people except when to do so would harm them or others.—Basic Text: "Narcotics Anonymous"

It's not just about acknowledgement, but about putting that acknowledgement into action which increases serenity level. "We rely on the presence of that Power, no matter how scared we are about approaching the people we have harmed" (It Works How and Why, p.60). It's not about what others will or won't do when we make amends, it's about the reward of "increased personal freedom" that we gain when we take this step. I have found that the experience of such freedom far exceeds the fear experienced before making amends.

Honesty and humility got us to this point as well as our commitment to surrender to God's will. I experienced this a lot with my dad. My dad fits into the difficult category of those who have harmed us, yet those we have also harmed, so I waver in my human nature of liking and disliking the relationship that has developed with him. Sometimes I still think about how much I don't like the things that he did to me. However, I feel a greater sense of peace and esteem about how God used the steps to transform my spirit and open my heart to make direct amends and ongoing amends to him by participating in a "somewhat" father-daughter relationship. This is one thing that I could have never imagined happening or could have imagined wanting to happen in recovery.

"Timing is an essential part of this step. We should make amends when the opportunity presents itself, except when to do so will cause more harm" (Basic Text, p. 40). I have had estranged family members who happened to "pop up" into my life right around the time I was first working this step which wasn't just a coincidence. I had not spoken to my grandfather in over 10 years, yet when I was on this step, (an 85 year old man), friend-ed me on Facebook.

Also, while I was writing this step, I was going to the Ocean City Convention. My deceased grandmother had a condo in Ocean City during my childhood and young adult years. While I was in Ocean City, I was able to go to a serene place near her condominium complex and read a letter aloud to make amends as best as I could.

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Step 9

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The ninth step also discusses making amends to society as a whole as well as making amends to self. I seek to help out in my community where I can and as regularly as I can such supporting local community events, cleaning up litter and trash, and helping neighbors.

As it states in It Works How and Why, "Our recovery is also a way of making amends to ourselves. We treated ourselves horribly in our active addiction...Now, in recovery, we learn to treat ourselves in ways that demonstrate our self-respect" (It Works How and Why, 60). I humbly cherish the gift of self-respect, love and esteem that I have gained through the steps. I carried much shame and guilt for so many years, the steps and particularly the ninth step has given me the ability to leave the past in the past.

Even though I still have amends to make: to family members that still, even after 18years, refuse to associate with me and continuous financial amends that aren't quite resolved, I know I am doing the best I can. I will continue seek guidance from my sponsor and Higher Power.

I know that practicing the ninth step, that it helps me to live peacefully in the present moment. "One of the most wonderful gifts we derive from working the Ninth Step is the knowledge that we are becoming better human beings" (It Works How and Why, p. 67). Then, as we progress, Step Ten helps us maintain that level of human-ness and daily peace.

Anonymous B

Continued from Pg 1

RECOVERING:

ARE MASKS AN "OUTSIDE ISSUE"?

The COVID-19 pandemic, now complicated further by the emergence of the even more deadly Delta variant, has changed our lives for the past year-and-a-half and will probably continue to do so for years to come. Anecdotally, it appears that local NA Groups have come to different conclusions with their group consciences.

My Home Group meets in-person, but everyone must wear a mask. We even have them on hand if someone shows up without one. Other meetings have created hybrids, and a relatively large number are meeting in-person without masks. Some members have told me that there meetings NEVER went on-line or required masks. It is unknown if any local addicts came down with COVID because of these groups' policy but there can be no doubt that they put all the people that attend their meetings, and the people that they are close to, at greater risk.

I don't like the masks. I'm wearing one now and it makes the lower half of my face feel too warm and a little damp, YUCK. It's a hassle in a lot of ways. Mine gets all up into my eyes, which hurts. It's also pretty hard to for my old ears to hear soft-spoken people when they talk through their masks. What's the answer for everybody? There isn't one.

Maybe, just as we seek out our own Higher Powers, each recovering addict has to make up their own mind about what is safe and right for themselves and they people they contact.

Another Anonymous

LIVE MEETINGS ARE COMING BACK TO THE CENTRAL AREA

MIRACLES ON MAIN STREET

Church, 525 Main Street, Laurel

(Masks are Group Conscience, Coffee)

Fridays, 7pm

MORE WILL BE REVEALED

Church, 6600 Laurel-Bowie Rd, Bowie

(Masks are a Group Conscience),

Thursdays, 7:30pm

WALK THE WALK

Fri, July 2, 7:30pm

**IF YOUR HOME GROUP HAS
RETURNED TO IN-PERSON ONLY,
KINDLY NOTIFY NAT COMMITTEE
AT papamoag@gmail.com ASAP**

Starting this month, newsletters will be available at these meetings.

NOTE: Using masks to protect ourselves, our families and the community varies by location. Some NA groups have reached a group conscience about whether to continue mask-wearing indoors. This serves to protect those addicts among us who are immunocompromised, or have unvaccinated children or elders at home. If you do not wish to wear a mask, you can find data on local meetings that have gone fully maskless. More Meeting info available at [cprna.org](http://www.cprna.org) (ARM)

SAVE SOMEBODY!

Regional Helpline 1-800-543-4670

Regional Website <http://www.cprna.org>

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