

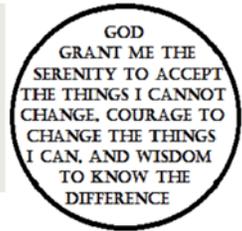


DISTRICT 15 NEWS

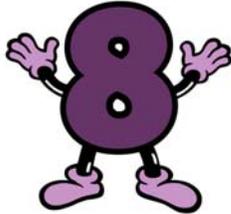
YUMA, ARIZONA

AUGUST 2017

24 Hour Hotline (928) 782-2605



OUR THREE LEGACIES



August

Step Eight: (Recovery)

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

Tradition Eight: (Unity)

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept Eight: (Service)

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporate and constantly active services, exercising this through their ability to elect all the directors of these entities.

History in A.A. August 1934 *Oxford Grouper's persuade court to parole Ebby T.*

In August 1934, Rowland H. was at his home in Shaftsbury, VT., 15 miles south of Manchester. It was during this stay in Shaftsbury that he learned through two other Oxford Groupers of Ebby T.'s possible six month sentence to Windsor Prison for repeated drunkenness. The two Groupers were Shep C. and Cebra G. whose father was the judge before whom Ebby T. was to appear. In Bennington, Rowland H. and Cebra G. intervened at the hearing and asked that Ebby T. be bound over to Rowland H.

Rowland gave the book to Ebby who in turn gave it to Bill. Thomsen also reveals that Grace McC., Rowland H., Ebby and others would join with Bill around a little table in the rear of Stewarts Cafeteria for coffee and sharing after their Oxford Group meeting.



Rowland H.



Ebby T.

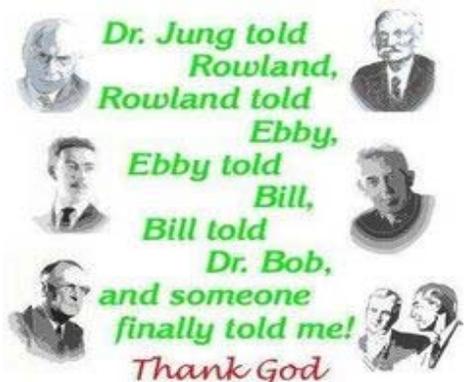
The Judge agreed and Rowland took Ebby to his home in Shaftsbury and later on to New York City where Ebby stayed with Shep C.

Of the first meeting with Rowland, Ebby said, "...he was a good guy. The first day he came to see me he helped me clean up the place."

Ebby's carrying the message to Bill W. is well known but little is known about Rowland's personal sharing with Bill.

Robert Thomsen in his book "Bill W." reports that Bill could never recollect if it was Ebby or Rowland who gave him William James' "The Varieties of Religious Experience". A likely scenario is that

We all need to remember that the origins of AA were a direct result of Roland Hazzard's sponsorship of Ebby Thatcher, preventing Ebby from going to jail or prison. Ebby was our original court ordered Paper Signer. He then later as a sober member of the Oxford Group carried the message to Bill Wilson.





HAPPY BIRTHDAY

August

Foothills Woman Group

Kelly M. August 12th 4 Years
 Terrie W. August 21st 19 Years
 Debra S. August 25th 3 Years

G.O.D.

Nadene L. August 17th 30 Years

Primary Purpose Group

Ernie S. August 18th 27 Years
 Carl J. August 28th 3 Years

Upfront Group

Bob August 5th 3 Years



Important Meeting Dates



449 Club Business Meeting will be held
 Wednesday, August 2nd @ 6pm

Yuma Intergroup Meeting will be held
 Wednesday, August 16th @ 5:30pm at
 The 449 Club

Yuma District 15 Meeting will be held
 Wednesday, August 16th @ 7:15pm at
 Gila Mountain United Methodist Church
 (Foothills)

Pass It On Roundup Planning Meeting will
 be held Tuesday, September 19th @ 6pm at
 The 449 Club

Events

24th Annual Payson Roundup
 Serenity Under The Rim
 Aug. 25th-27th, 2017
 For more information
 Call 928-970-2576
 Or visit aapayson.com

2017 Arizona State Convention of
 Alcoholic Anonymous
 Mile High 5280 FT. Spiritual Experience
 Sept. 29th-Oct. 1st
 Prescott Resort and Conference Center
 1500 E. State Route 69, Prescott, Arizona

11th Annual
 Seniors in Sobriety International Conference
 Sept. 14th-17th, 2017
 Airtel Plaza Hotel, Van Nuys California
 For more information
 Call Michael K. 818-823-7008
 Or visit seniorsinsobriety.com

54th International Woman's Conference
 The Language of the Heart will be Spoken Here
 Feb. 15th-18th, 2018
 Sheraton Grand Phoenix Hotel
 Phoenix, Arizona
 Register on-line:
Internationalwomensconference.org



To add any
 Announcements, birthdays, new meetings, meeting
 changes, or events
 to the District 15 Newsletter email

district15news@world-funding.com
 Jessica C., Editor
 You can also find
 District 15 Newsletter on the
aayuma.com website!

!Ready to make a difference!

**Currently they are in desperate need of male volunteers
for meetings at the corrections facility!!!
There are over 20 meetings a month at ADOC.**

**Requirements are:
3 years of continuous sobriety,
be a permanent residence of Yuma
and able to pass a background check.**

**If you are interested please contact Bill L. at
928-726-6722 or at
the G.O.D. meeting, 8:00pm on Thursday nights**

**The experience will be very rewarding to know you can
help someone in need!**

Save your Grapevines

Donate your old Grapevine
issues to send out to the
Correctional Facilities.

To donate or for more
information contact Bill L.
(928) 726-6722 or at the
G.O.D. meeting, 8:00pm on
Thursday Nights

Visit Yuma's Central Office
for all you're
A.A. literature and supplies
A.A. Yuma Central Office
1430 S. 4th Ave
Yuma, Arizona
Monday & Friday 11am-2pm

Closed

The church will be closed tomorrow, and the drunks are freaking out. An elderly lady in a prim white blouse has just delivered the bad news, with deep apologies: A major blizzard is scheduled to wallop Manhattan tonight, and up to a foot of snow will cover the ground by dawn. The church, located on the Upper West Side, can't ask its staff to risk a dangerous commute. Unfortunately, that means it must cancel the Alcoholics Anonymous meeting held daily in the basement.

A worried murmur ripples through the room. "Wha... what are we supposed to do?" asks a woman in her mid-twenties with smudged black eyeliner. She's in rough shape, having emerged from a multiday alcohol-and-cocaine bender that morning. "The snow, it's going to close everything," she says, her cigarette-addled voice tinged with panic. "Everything!" She's on the verge of tears.

A mustachioed man in skintight jeans stands and reads off the number for a hotline that provides up-to-the-minute meeting schedules. He assures his fellow alcoholics that some groups will still convene tomorrow despite the weather. Anyone who needs an AA fix will be able to get one, though it may require an icy trek across the city.

That won't be a problem for a thickset man in a baggy beige sweat suit. "Doesn't matter how much snow we get—a foot, 10 feet piled up in front of the door," he says. "I will leave my apartment tomorrow and go find a meeting."

He clasps his hands together and draws them to his heart: "You understand me? I need this." Daily meetings, the man says, are all that prevent him from winding up dead in the gutter, shoes gone because he sold them for booze or crack. And he hasn't had a drink in more than a decade.

- Anonymous

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

“To forgive is to set a prisoner free and discover that the prisoner was you.”

When we start truly examining our harmful behavior, our load of guilt threatens to crush us. Guilt is relentless. It's the “gift that keeps on giving” - and giving and giving. In a subtle way it makes us feel better to feel guilty. Subconsciously we tell ourselves it's a bad thing to hurt someone else, so we should hurt, too.

Instead of playing this guilt game, we need to take full responsibility for what we have done, make our amends and let the whole thing go.

With Step 8 we need to acknowledge that we've hurt others and are honestly willing to do something about it. We don't have to like making amends, we don't have to feel good about making them, we don't have to feel ready to do it. We just have to do it.

Being sorry and making apologies are not amends. Are we sorry we hurt someone? Or just sorry that they're mad at us? Are we sorry that we did something we shouldn't have? Or just sorry we got caught? How many times have we apologized for something, really felt as though we meant it - and then did the hurtful thing all over again and then again? How many times have we used apologies to manipulate others into giving us another chance?

Amends are different. To make an amend means to change our attitudes and behaviors and to keep them changed. Making an amend may mean apologizing, or it may mean making an internal commitment, but it always means changed attitudes and actions.

Amends are unconditional. We make them with no strings attached. We admit to another that we did a hurtful thing to him or her, we commit ourselves to not doing it again and we don't do it again. If we do do it again, our amend is worthless and we have to start over.

Amends are one-sided. They are valid no matter how the other person responds. He or she may accept our amend, criticize it or reject it. None of this makes any difference. We have examined our own selves, found our shortcomings and are making changes respectful of ourselves and others. This is the true meaning of making an amend.

Making amends means respecting others and it means respecting ourselves, too. If we put self-respect aside, our amends won't work. We mustn't grovel before the person we have harmed. We make the amend appropriate to the hurt, limit it to the hurtful situation and then get on with life. An amend is not meant to repair a relationship, only to acknowledge our mistake, clear our past and correct our future behavior. That's all.

The first amends we make must be to ourselves. Before we can make meaningful amends to others, we must acknowledge the hurt we have inflicted on ourselves during all the years we have been in pain. We cannot respect or love others before we respect or love ourselves. We cannot make true amends to others before we make true amends to ourselves.

The way we act with other people is a blueprint for the damage we do to ourselves. Treating others with disrespect shows disrespect for the person we want to be. Being dishonest with others can only mean we are dishonest with ourselves. Not letting others know our true feelings robs us of personal integrity. Denying we hurt others sickens our spirit. Denying that others hurt us is a form of self-abuse. And on and on. Steps 8 and 9 help us break this cycle of self-inflicted pain. When we make our first amend, we make it to ourselves.

Step 8 tells us we must be willing to forgive others for the pain they have caused us. As long as we don't forgive, we hold onto our injury until justice is done. It's a consuming job to make sure people pay for the hurt we feel. It's poor use of our emotional energy and it constricts our spirit. It also keeps us negatively attached to the person who hurt us.

When we forgive, we're not freeing the other, we're freeing ourselves. Forgiveness isn't approving of, it isn't saying, “That's okay.” It's letting go.

Deeper Than Words

"Everyone must agree that we AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand, and love each other so supremely well--these attributes and virtues are scarcely of the earned variety. Indeed, most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the grace of God. Thereby we are privileged to communicate with each other to a degree and in a manner not very often surpassed among our nonalcoholic friends in the world around us.

From AA's very beginning our success with each new prospect has always rested squarely on our ability to identify with him or her in experience, in language, and especially in feeling--that profound feeling for each other that goes deeper than words. This is what we really mean when we say 'one alcoholic talking to another.'

- Bill W.

Criticism Control

Why do I pick out the flaws in the work that others have done?

To sneer at the little that they have achieved,
When my own tasks haven't begun!

Why do I want to fuss and find fault,
When others are doing their best?

To point out the errors that others have made,
When I have done nothing but rest?

Why do I cavil, carp, criticize, scoff and deride?
For I have never done perfect work,
No matter how hard I tried!

Why do I not think of the best,
And stop dwelling all the time on the worst?

Perhaps it is proper sometimes to find fault,
But I should inventory myself first!

Doris C. Ololona, Ms
(discovered in AA Yuma Archives
Intergroup News, April 1991)

MAINTAINING SOBRIETY

DON'T DRINK.

**LARRY M.
G.O.D.**

**I know the voices in
my head
aren't real...
But
sometimes
their ideas
are just
absolutely
Awesome!**



Smile in the mirror. Do that every
morning and you'll start to see a
big difference in your life.

Yoko Ono

Do YOU have a story to tell?

SUBMIT YOUR STORY

!Yuma wants to hear your story!

Story topic for **September
Growth Through Pain**

Up to 250 words or less

No personal information will be printed.

You may submit your writings as

"Anonymous" if you wish

Please submit no later than the

25th of August to

district15news@world-funding.com

Continued from page 4- Step 8

Forgiveness is neutral detachment. Forgiveness is letting go, without anger or anxiety and with much self-respect, the feelings that went with the hurtful incident.

As long as we cling to such resentments over old injuries, we continue to injure ourselves. We stay locked in a vicious cycle of reliving old indignities and disappointments, holding ourselves hostage to them, and inflicting our pain on everyone around us—especially those we most love. Then we feel guilty, and ashamed and try to cover it up with denial, rationalization and blame.

If we don't break this cycle and heal from the pain of our pasts, eventually the need for relief from guilt and shame will drive us to drink again. That is the most nakedly selfish reason that we must forgive others for wronging us. We do it for our sakes—and for the sake of those we love—not for the sake of the people who harmed us. And until we find it in our hearts to forgive them, we cannot honestly become willing to make amends to them.

Making amends teaches us humility, and we are surprised that it feels more comfortable to be humble than grandiose.

When we make amends and practice forgiving, our relationships with the people involved will change. Whether we express our amends with words or simply carry them out with actions, people will react to our new ways. Some people may not really care about us or our amends. Others may actually trust us again. Some may not even notice, and we needn't point it out. Some will say, "It's about time" or be hostile and berate us. Still others will resent our amends and want us to go back to our old ways.

Whatever happens, the other persons reaction is no excuse to change our amend. No matter what the response of others, we are responsible for what we do. We choose to amend our past and be willing to forgive.

None of us achieves the necessary willingness without first completing all the previous Steps. Without thorough self-examination we'll keep rationalizing our own behavior and deceiving ourselves about our part in things and the harms we've caused. And without first surrendering our wills to a higher power who loves us unconditionally, few if any of us find the strength, faith, and courage required to be forgiven, to forgive, and then to make earnest amends to all whom we have harmed.

**“Anger and Resentment doesn't change the heart of others-
it only changes yours.”**

-Anonymous

**THE BEST
APOLOGY IS
CHANGED
BEHAVIOR**

**AA has a wrench
to fit every nut that
walks in the door**

