

BRIDGING THE GAP

Our *Small* Efforts Can Make A **BIG** Difference

In April of 1986, I was sitting in Alcoholics Anonymous with only a few weeks under my belt. At 27, I thought Ed K. was older than dirt and pretty brash at times. But, since he'd relentlessly helped both me and my brother, he had my respect. That Monday night, he passed around a little black book. He asked everyone there to write down their anniversary date if they hadn't already done so.

Feeling quite honored, I added mine. When the meeting was over, he approached me with a curt inquiry, "Hey there missy, aren't you new around here?"

I told him that I was, thinking to myself, That's a stupid question, you KNOW that I'm new! Looking puzzled, he asked, "So, why did you write that your anniversary is April 4th, 1980?"

Wanting to argue, but wondering if it was a trick question, I cautiously replied, "Because I got married on April 4th, 1980."

"Well," he started laughing, "I don't want your damn wedding anniversary, I want your AA anniversary!!"

***Despite our tremendous gratitude for being members of this fellowship, I know we can all agree that sometimes it really sucked being the new person!

In the last issue of the Amethyst, the Public Information Committee and Bridging the Gap were defined in limited detail. Hopefully, it sparked enough interest to have us seek a bit more information as active members of Alcoholics Anonymous. Already, there are various groups making a positive difference utilizing tools available at our Intergroup Office.

The purpose of this second writing is to encourage the groups in our area to ramp up their efforts to 'bridge the gap' in their very own meetings. What can we do to welcome and integrate our newest members before we branch outside of our groups to do additional BTG and PIC work? Thanks for asking

Ideally, every active AA member has a home group. B) It is also a beneficial practice if every strong home group has a group conscience meeting on a regular basis. If A and B are true, then the following ideas are some 12 step efforts you may already be doing OR a few new suggestions you may consider as a group:

1. Set up a greeter or two who are regulars. While they are greeting, they will meet the new people and have the opportunity to immediately introduce them to others.
2. Newcomer packets are available (for \$1.25 at our Intergroup Office). Buy some and pass them around for same sex members to add their names/phone numbers for the new person.
3. Before and after the meeting, talk to the new people in the room instead of your regular group of friends. Include them in your group or invite them to another meeting.
4. Have a predetermined process in your home group for tactfully and graciously dealing with a nonalcoholic who has accompanied someone to a closed meeting or come alone not knowing about open meetings, Alanon, etc.
5. Ask some of your regular members to be temporary contacts until the new person is oriented and/or has found a sponsor.
6. Have books and literature available at the door so they must be passed on the way in and out. Have a home group member nearby to assist and answer questions.
7. Two groups have set up an additional room where a few seasoned AA's can take the new person and explain everything we wished we'd known when we were just getting started. Intergroup has small cards that can easily be passed to new members listing these 2 meetings.

These ideas are suggested to include but not embarrass new members. I will always be grateful for my own early AA meetings. Members' actions similar to those mentioned above made me feel welcomed at a time when few wanted me around. They gave me some hope when fear and loneliness were my two strongest emotions. Most importantly, those selfless efforts pulled me back to the rooms and the people who would help to save my life.

~Cathy M. PIC Member



Prayers for Steps Nine and Ten

New Beginnings...Steps 9&10

Step 9

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

Sometime during my first few weeks of not drinking, I ran to my daughter and apologized for all the pain I caused. A period of silence followed, and she looked at me with deep sadness in her eyes, a tear drenched face and said, "What's gonna be different this time?" I learned later that I made a big mistake by jumping the gun. I should have had a sponsor and started working the steps before attempting to make amends – Step 9!

There is so much work to do before one is ready to make amends. Part of the work requires us to take an honest look at ourselves (inventory) and learn who we truly are. Such discoveries may be painful; yet serve as a guide to help us clean up the "wreckage of our past".

The 12 steps of A.A. are a group of principles that are suggested to be completed in the order written. Therefore, it is imperative that we complete steps 1-8 before starting step 9.

The timing of making amends varies, as do the results. A plan to clean up our side of street without casting blame or fault or further injury is the goal. Attending meetings (being part of the fellowship) and working with your sponsor are proven methods to help and guide you in the amends process. Do not attempt to make amends if you are not willing to change your behavior and haven't completed steps 1-8.

The word, "sorry" is pointless. Many of us (alcoholics) have spent years causing damage in our active, alcoholic lives; therefore, expect years to repair the damage. Remember that our actions speak louder than words.

Step 10

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

Step 10 is my favorite step because it is easy. I get to think about myself and not worry about making amends if I am being a kind, honest, decent, useful person. Practicing the principles of the Alcoholics Anonymous program perfectly is not easy. We are human and make mistakes that need to be addressed. Therefore, taking an inventory or accurate self-appraisal is a vital step. It is a simple look at ourselves and review of our day which may require action.

Continued and promptly are key words in Step 10. Many people "review" themselves or do an inventory at bedtime; yet, I must do this activity (continuously) throughout the day because I fall asleep quickly. Regardless of the time of day, Step 10 should be practiced continuously and become a natural part of our lives. Some refer to this continual routine as part of "The Rhythm of Recovery".

"Promptly admitting our wrongs" means as immediately as possible. The ripple effect of delay goes without saying.

Were there areas where our thoughts and actions prevented us from being the best we can be? Did we say, think or do something that we now regret? Were there any acts of omission? Did we miss an opportunity to speak up or act in a kind, helpful manner? If so, we must take prompt, corrective action (Step 9).

Lastly, don't forget to think positively about yourself and look for areas to grow physically, mentally and spiritually.

Tenth Step Prayer

*"God, I pray I may continue:
To grow in understanding & effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative & self-defeating attitudes & behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love & tolerance of others as my code; & to continue in daily prayer how I can best serve You, My Higher Power."*

Ninth Step Prayer

*"God,
I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress."*



MAN CAVE

Welcome to **MAN CAVE**, the section primarily targeting things that keep men from focusing on more productive issues. In the interest of not being sexist we also welcome women seeking a break from productivity to visit and share.

This edition addresses the months of September and October, notable months for sports that include MLB World Series, the start of NCAA Football, NCAA Basketball, the NFL, the NBA and, saving the best for last, the Ryder Cup. Even though this period has a considerable amount of content it is still *no excuse for hanging out in Sports Bars*. Again we shall have contests among our AA Fellowship to find our best prognosticators. Winners shall be viewed on the appropriate editions of Amethyst by their first name and last initial, and losers by their full names. (Just joking.)

WORLD SERIES

Who will win the 2018 World Series? _____

Tie breaker; How many runs will be scored in the entire World Series final series? _____

NCAA FOOTBALL

Which Indiana College will win the most games this season? _____

Tie breaker: What was the margin of victory/loss in their final game?

(Note: Ivey Tech does not have a football team.)

THE RYDER CUP

The Ryder Cup is a golf match between America's finest and Europe's. Beginning September 25th it consists of 28 matches between the two teams over a three day period with a win worth 1 point and a tie worth ½.

What will be the final score? America _____ Europe _____

Football and basketball are long seasons and there will be further contests on these in later editions of Amethyst.

~Lou D.

Anniversaries

July

Joe 7/1/17
 Martin S. 7/1/07
 Don C. 7/3/85
 Jeff B. 7/3/79
 C.J. B. 7/4/17
 Rebecca S. 7/4/05
 Eric M. 7/8/16

July

Austin F. 7/9/17
 Fred F. 7/11/07
 George B. 7/11/11
 Dave E. 7/14/93
 Stephen C. 7/21/08
 Dale J. 7/22/07
 Matt S. 7/23/09

July

Rick B. 7/23/14
 Spook A. 7/23/82
 Gene D. 7/27/09
 Janean H. 7/28/14
 Lora M. 7/30/16
 Carlos C. 7/31/17

August

Carlos W. 8/3/03
 John B. 8/4/84
 Marie J. 8/4/02
 Stu H. 8/8/08
 Ben L 8/14/17
 Al C. 8/15/07
 John B. 8/20/17

August

Bob S. 8/23/90
 Don Y. 8/24/04
 Annetta K. 8/25/85
 Elissa M. 8/25/17
 Pete C. 8/27/95
 Josh S. 8/28/17
 Kevin D. 8/28/92

The Amethyst Statement of Purpose: The Amethyst is published every two months for members of the A.A. community in the Fort Wayne area. The Amethyst is financially supported by contributions to Fort Wayne Area Intergroup. The purpose of The Amethyst is to share information and experience in recovery, unity and service within the Fort Wayne area. The articles published in The Amethyst are not intended to be statements of A.A. policy nor does publication of any article imply endorsement by either Fort Wayne Area Intergroup, Inc. or A.A. as a whole.

Events & Notes

Events:

September 22, 2018

Sponsorship Workshop
Allen County Public Library
Fort Wayne, IN
10:00 A.M.-2:00 P.M.

September 29, 2018

Fall DCM Conference
United Methodist Church
179 S. Indiana St.
Warsaw, IN
10:00 A.M.-4P.M.

September 29, 2018

The 13th Step House 9th Annual Fundraiser Golf Scramble
Noblehawk Golf Links
Kendallville, In
Check-in at 7:30 A.M. Shotgun Start at 8:30A.M.
\$75 Entry person \$300 per Team
Lunch provided by Tuscano's

October 6, 2018

Paulding Life's New Beginnings Anniv. Celebration
Paulding County Senior Center
401 E. Jackson
Paulding, OH
Doors open at 5:00 P.M.
Dinner 6-7 P.M. Leads at 7:00 P.M.
Meat and drinks provided. Please bring a dish to share.

Events:

October 14, 2018

Coldwater Friday Night AA 37 Year Anniversary
Holy Trinity Catholic Church
Corner of St. Rt. 118 and St. Rt. 219
Coldwater, OH
Fellowship at 1;30 P.M. Eat at 2:00 P.M.
Meat and drinks provided. Please bring a dish to share.

October 20, 2018

Al-Anon Family Groups 2018 Fall Workshop
Gethsemane Lutheran Church
1505 Bethany Lane
Fort Wayne, IN
9:00 A.M-1:00 P.M.
Please bring breakfast snacks to share.
Admission: Free-will offering

November 2-4, 2018

The 26th Annual Buckeye Roundup
Clarion Hotel
I-275 at Rt. 42 (Exit 46)
Cincinnati, OH
Register Online at: www.buckeyeroundup.org

November 3, 2018

The Defiance Area Gratitude Roundup
UAW Hall
Baltimore St.
Defiance, OH

Annual Fall Festival is October 7th at Franke Park Pavillion #1.

Mark your calendars. All Fort Wayne area family and friends are invited.

**Please bring a covered dish. Hamburgers and hot dogs will be served by our grill masters.
Come and enjoy food, children's game/festivities and listen to a dynamic speaker, Brent W.**

The Amethyst

SUBMISSIONS: The Amethyst welcomes feature articles, supporting articles, group histories, anniversaries, jokes, cartoons and upcoming events as long as they relate to A.A. experience and reflect an awareness of A.A.'s singleness of purpose. Submissions are reviewed by The Amethyst committee and recommended to the editor for publication.

Length of submission: The Amethyst will publish work of different lengths, from feature articles to one-liners.

Send submissions to:

editor.amethyst@gmail.com or:

The Amethyst

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