



# Recovery Newsletter September 2020

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We're Here & We're Free™



We are extremely pleased to officially announce that the **CAWS 2020** Convention has become **CAWS 2021** with the actual dates of May 27-31, 2021.

Further good news is that your current registration will transfer automatically to the new dates. You don't have to do a thing except come to Austin, TX in 2021 and party with us as we celebrate recovery. (We will be posting updates in future newsletters)

[www.georgiaca.org](http://www.georgiaca.org)

**MACAI**  
Metro Atlanta  
Cocaine Anonymous Intergroup

What's inside? Pages

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## STEP NINE: (CA-A Guide to the 12

Steps)

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

In Step Nine, we make amends to the people we have harmed. The Big Book gives us examples for how to go about making these actual amends (pages 76-83). Counsel from one's sponsor, as well as from others who've had experience applying this Step, is also helpful in showing us how to repair the damage we've caused in the past. It is through Step Nine that we're freed from the guilt, fear, shame, and remorse that results from the harm we've done others. Taking this Step helps us "to fit ourselves to be of maximum service to God and the people about us" (page 77).

## FORGIVENESS: (CA-12 Principles)

As we work the Steps, we develop the willingness to forgive ourselves and others. Through taking our own inventory, we discover our own part in situations and become more understanding toward others. Praying for those we resent and for the willingness to forgive sets us free. Forgiveness brings peace of mind and serenity.

## Ninth Step Prayer (Anonymous )

Higher Power,

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.



Please read CA World Services Letter for the ongoing situation; [WSBT Fellowship – COVID-19 – Advisory Letter March](#)

In response to the Covid-19 pandemic several local C.A. Meetings are now available on-line.

<https://georgiaca.org/meetings/?tsml-day=any&tsml-type=ONL>

Also see

<https://ca-online.org>

for a list of both voice and email meetings.

**DISCLAIMER:** ALL OPINIONS EXPRESSED IN THE CA RECOVERY NEWSLETTER ARE THOSE OF INDIVIDUAL MEMBERS IN OUR FELLOWSHIP AND NOT ATTRIBUTED TO MACAI, GA AREA OR CA WORLD SERVICES ORGANIZATION AS A WHOLE. HOWEVER, WE STRIVE TO MAINTAIN CA TRADITIONS WHEN SELECTING CONTENT FOR PUBLICATION.

## September — Step 9

### **STEP Nine By Stan D (A Friend in Recovery)**

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

For many years before I became sober, I made apologies for my actions, simply because it was all I knew to do. The words “I’m sorry”, were a prominent part of my vocabulary. It was not until I began working the steps, specifically step 9 that I learned that there is more to making amends than just saying “I’m sorry”.

I had been my worst enemy. I always laid blame on others for my actions or lack thereof. I never thought that I did any thing wrong. However, after starting to work my program of recovery and work the steps did I truly find my character defects and just exactly what role I played.

I have found that the only way I could work step nine is to have worked the previous steps to my fullest ability. Without taking a fearless and moral inventory of myself and my character defects, I would not be able today to know exactly all the wrongs I have done to others and be able to make amends. Also, I would not understand that the amends process is not only for the persons that I seek out, but more importantly, it is for cleaning up my side of the street. Acceptance by others of my apologies and amends is something that I have no control over. However, I have learned that my actions speak louder than my words.

On a daily basis, I find that my list of all persons that I harmed is not complete. Usually the events of the day bring to mind someone else that I need to make amends to. In some cases, I have reluctantly traveled some distance to make these amends. The turmoil within myself over apologizing for years of bad behavior, using friends, relatives and money has been great. Until I finally started. It seemed that a great weight had been lifted from my shoulders. And, I found out that most of the people knew more about me than I did myself. They knew all along what the problem was. I was the only one that didn’t know. In most cases, my amends have been received with an open heart and unconditional love. After making an amends, I feel better about myself and also others around me.

Step Nine also prepared me for working the remaining steps. And, as I continue my program, I realize that I must work the steps every day for I am an alcoholic. And, I need this program in my life

# Birthdays & Trusted Servants

*September 2020  
Congratulations!!!*

## Log Cabin

Alonzo J. – 28 Yrs.

Tom S. – 25 Yrs.

Sam S. – 24 Yrs.

Nathan M. – 12 Yrs.

Joey G. – 4 Yrs.

Dustin M. – 4 Yrs.

Drew V. – 4 Yrs.

Rodger C. – 3 Yr.

## We R Not Saints

Bob W. – 8 Yrs.

Linda H. – 1 Yr.

## Usual Suspects- Augusta, Ga.

Samantha L. – 5 Yrs.

## RV 805

Karissa F. – 1 Yr.

Donations are needed to help World Services Office (WSO) continue to carry the message of Cocaine Anonymous to those addicts who still suffer throughout the world.

For one-time or monthly contributions please use link below. <https://ca.org/contributions/>.



## MACAI

Metro Atlanta Cocaine Anonymous Intergroup

Chair	Iris R.	(678) 683-2350
Vice Chair	Open	
Secretary	Open	
Asst. Secretary	Open	
Treasurer	Kathy R.	(678) 983-2770
Finance	Tom S.	(404) 286-2167
Supplies	Fred J.	(770) 310-2360
H & I	Open	
Helpline	Barry H.	(678) 557-2097
Newsletter	Paul L.	(770) 330-1721
Service Manual	Stephanie K.	(770) 605-9927
Public Info	Amanda I.	(404) 219-7076
Activities	Open	
Unity	Open	
DSR Northside	Scott B.	((770) 865-1049
DSR Eastside	Open	
DSR Westside	Open	

### GEORGIA AREA CHAIR

Iris R. – Atlanta, Ga. (678) 683-2350

### ATLANTIC SOUTH REGIONAL TRUSTEE

George M. (interim trustee)

### WORLD SERVICE DELEGATES

Amanda I.	Atlanta	(404) 219-7076
Barbara L.	Atlanta	(678) 230-4149
Barry H.	Atlanta	(678) 557-2097

### Metro Atlanta Cocaine Anonymous Intergroup

P.O. Box 13612 Atlanta, GA. 30324

MACAI meets On-Line

the 1st Wednesday monthly at 6:30pm

Ask your GSR for the link