

Step Nine

June 14



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

There are two steps in recovery that, for many of us, are the most difficult to complete. Step Five, and Step Nine. We have been preparing ourselves all along for Step Nine, beginning with Step One. We are reminded that, "Faith without works is dead." Our real purpose we are assured, is to be of service to our Higher Power and others around us. Sponsors remind us of the commitment we made to go to any lengths.

Our Ninth Step Promises support a newfound goal of freedom that bolsters a willingness to reach a new height. Together with the help of a loving sponsor and trusted friends, practice helps us to become real through the gift of humility in honesty. Each meeting in prayer opens our hearts as we embrace an emerging integrity that happens as we rid ourselves of traits that block us from spiritual and emotional growth. We dust ourselves off and inhale courage and determination to meet another on their terms, while focusing on forgiveness of others.

Walking now with our Higher Power, we are ready to make direct amends no matter how difficult, unless to do so harms them or others. We practiced being brief and honest. Without regard for ourselves, we do this because there is nothing more we can do until restitution is made. This is *our* responsibility. Most of all, this is *our* freedom.

When we have made amends with everyone we think we have harmed we ask ourselves, *have I missed anything or anyone?*

The Promises are re-read in prayer. A spiritual softening in our psyche transpires as we absorb the grace of forgiveness of self. This is the miracle we've been waiting for, a setting down of the burden of the wrongs we have done.

What follows is a restorative, indescribable leap of faith that binds us even tighter to our Higher Power. Together, we do not fail.

TODAY'S MEDITATION

Dear God, thank you for deeming me worthy to experience the fruit of the Promises. I know now they will happen to anyone who acts with your help.

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"Forgiveness is one of the most certain paths to restoration, and it is also one of the most difficult. However, it is an attempt to return to wholeness, once again, by letting go and freeing myself from the tight clutch and heavy burden of caution, anger, resentment, and the desire for revenge and punishment. — Sharon Weil

