

VIRGINIA AA, DISTRICT 8, HAMPTON

January 2022

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

6:30 PM @ St Mark's United Methodist Church



The Buckroe Men's Group 12 Step Workshop is scheduled to begin on February 12, 2022. The workshop will last between 3 and 4 months each Saturday between 9 and 10:15 AM at First United Methodist Church of Fox Hill 1 Salt Pond Rd. For more information contact Andy at 757-713-5225 or



A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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January 2022 Interview

I recently set down with Andy K to discuss the Buckroe Men's Group of Alcoholics Anonymous up-coming AA 12 step workshop.

Me: How long has the Buckroe Men's Group been offering the 12 step workshop?

Andy: We started offering the workshop in 2008. We generally run two workshops per year.

Me: Who do you recommend attend the workshop?

Andy: It started with the VA hospital in mind to support the substance abuse treatment program there. It expanded quickly to include individuals from all over the Hampton area. Prior to the pandemic we averaged 40 to 50 men at the beginning of each workshop, with approximately 75 percent of those participants from the Hampton VA. On average we finish with between 12—20 people in any given workshop. Post pandemic (*Hampton VA is not allowing patients off campus*), our focus is on anyone who wants to go through the steps, with an obvious emphasis on the newcomer. Those individuals who have already completed the steps who have attended the workshop have overwhelmingly shared that the workshop was very beneficial to them as well.

Interview continued:

Me: What are the requirements for attending the work shop?

Andy: The requirements are that participants must have a sponsor and they have to go through the steps as we go through the steps in the workshop. There are assigned reading from the 12 and 12 as well as the Big Book of Alcoholics Anonymous that have to be completed each week, and everyone has to actively participate in the discussions. This means you have to talk and share your experience as it relates to each step that we're on.

Me: How long does the work shop last?

Andy: It usually last 3-4 months 9 AM until 10:15 AM each Saturday. I know a lot of times the length of the work shop scares people off but we tell people to come and check it out for the first couple of weeks before you make a decision about whether or not to attend.

Me: Can you provide a brief overview of what the work shop is about?

Andy: One point that I would like to get across is what the work shop isn't. What the work shop isn't: it is not a history lesson on AA and listening to the facilitator for an hour and a half every Saturday talk about his thoughts and ideas on the 12 steps and what sobriety looks like. What it is: is a forum in which guys are required to participate and share their experience as they go through the steps. So, collectively what you get is a room full of guys sharing in real time what there experience is like good, bad, or indifferent as they go through the 12 steps of alcoholics anonymous.

Me: What are the biggest benefit that participants of the work shop have shared with you over the years?

Andy: The ability for guys to share their experience in real time , especially early on in the process. It gives people the since that they're not in this alone. So their "crazy thoughts" or "I must be different because I'm this way" get exposed to the sunlight of sharing and that helps them get through the isolation of early sobriety.

The other important benefit is the workshop does not replace the role of a sponsor. The feedback that I have received from sponsors is that it helps them with establishing guidelines and reinforces the things that they do one on one.

Step One of AA: The Journey Begins

The first step of anything is a beginning, so the first step of the Alcoholics Anonymous 12 steps is the beginning of your recovery process. It's actually really exciting, because it's the first day of a new life. This is where the healing starts.

Doing the 12 steps is also referred to as "working" the steps, because it requires willingness, effort and action. It is said the 12 steps of AA is compared to markers put out lovingly on a path by those who preceded us, to direct us on our journey. The journey can seem daunting from the perspective of a person at the beginning but fortunately all we are asked to do is to take one step at a time.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ **The Buckroe Men's Group 12 Step Workshop begins on Saturday February 12th, 2022.** The workshop will last between 3 and 4 months each Saturday between 9 and 10:15 AM at First United Methodist Church of Fox Hill 1 Salt Pond Rd. For more information contact Andy at 757-713-5225 or akutsch@live.com.
- ♦ **Come out and support As Bill Sees it Meeting of AA: Mondays at 7:30 PM at Emmanuel Episcopal Church** 179 E. Mercury Blvd. Hampton, VA 23669
- ♦ **Come out and support Saturday Morning Early Birds Group: Saturdays at 8:00 AM at Emmanuel Episcopal Church** 179 E. Mercury Blvd. Hampton, VA 23669
- ♦ **Come out and support Wythe New Life Group: Wednesdays at 8:00 PM at Wythe Presbyterian Church** 151 Robinson Rd Hampton, VA 23661
- ♦ **Big Book Topic Group** is moving back to Wesley UMC on **Jan 5th** 2510 N. Armistead Ave. **Still at 7pm**

1st Step Prayer

Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand the true meaning of powerlessness.

If you have an event or an announcement that you would like to include in the newsletter or content that you would like to see please email your request to

Chris O. at

newsletter1.district8.va@gmail.com

NOT A GLUM LOT

Name: _____

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Step 1 Word Search

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POWERLESS
OBSESSION
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ALCOHOLISM
PROGRESSION