

VIRGINIA AA, DISTRICT 8, HAMPTON

JANUARY 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 1:

“ We Admitted we were powerless over alcohol—that our lives had become unmanageable.”

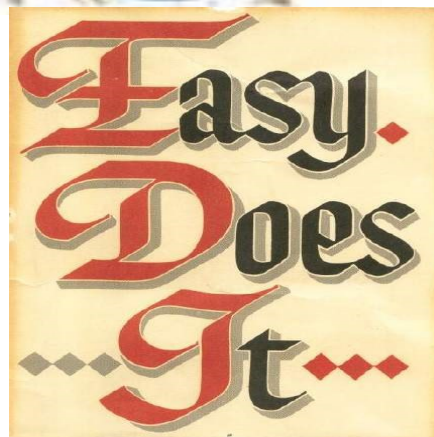
Step 1

Why Step 1 is Important:

According to [This is AA: An introduction to the AA Recovery Program](#), the first step to a life of sobriety is realizing you cannot control or handle alcohol. You must acknowledge that you have to live without alcohol to avoid disaster for yourself and your loved ones.

You may view alcoholism as a weakness of your character or will, but this view may hinder your ability to accept you have an alcohol use disorder. Your alcohol addiction is a physical compulsion beyond your control—a progressive illness that defies common sense. There's not a simple pill you can take to cure this disease. Instead, the treatment available focuses on helping you manage your condition, so you can achieve sobriety and resist relapse to alcohol abuse.

Alcohol addiction may interfere with everyday living. You may have noticed your life in chaos—maybe you've lost your home, your job, your family, your possessions, or your self-respect. You may have seen the inside of hospital rooms or jail cells. Regardless of how you got to this point, [Step 1 of AA](#) is merely realizing that your alcohol abuse disorder was interfering negatively with your life,



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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Step ONE :

Admitting you have a problem is always said to be the first step of recovery. However, this doesn't necessarily mean that you are heading in the direction of recovery or [sobriety](#). Many AA beginners erroneously believe that since they are attending a session or in rehab that they have automatically completed Step 1 of AA. Recognizing the problem is just the beginning. Even if someone realizes or admits they have a problem they might still be unwilling to make the necessary changes. This is where the real work comes in.

There are two parts to this: 1) admitting powerlessness over alcohol and 2) admitting that one's life has become unmanageable. Although it may seem simple to "complete" this step, failing to truly embrace this lesson can affect your ability to properly carry out the rest of the AA program. Step 1 is your first lesson in challenging your ego, allowing yourself to be vulnerable, and taking a hard look at the state of your life.

When referring to powerlessness in AA, it is referring to the inability to control how much alcohol you drink. Admitting that you are powerlessness over alcohol means that you cannot and never will be able to drink alcohol in a safe manner again. Any thoughts *at all of drinking again in the future mean that you have not fully admitted to yourself that you are powerless over alcohol. In this way, admitting powerlessness means accepting that you can never drink alcohol again in the future – even in full amounts.*

Identifying a life that is "unmanageable" can be subjective, but there are a few clear ways in which one's life could be labeled as such. If there are responsibilities at work, school, or in your personal life that are not being met, then this is a good sign of unmanageability. When [drinking has become the priority](#) and your career, relationships, finances, and other aspects of your life are suffering, these are signs that your life is unmanageable. Accepting that your life is unmanageable is often easier than admitting powerlessness over alcohol.

AA History:

How Alcoholics Connected with the Oxford Group^[edit]

Rowland Hazard

In 1931, [Rowland Hazard](#), an American business executive, went to [Zurich, Switzerland](#), to seek treatment for alcoholism with psychiatrist [Carl Jung](#). When Hazard ended treatment with Jung after about a year, and came back to the USA, he soon resumed drinking, and returned to Jung in Zurich for further treatment. Jung told Hazard that his case was nearly hopeless (as with other alcoholics) and that his only hope might be a "spiritual conversion" with a "religious group".^{[12][13][14]}

Back in America, Hazard went to the Oxford Group, whose teachings were eventually the source of such AA concepts as "meetings" and "sharing" (public confession), making "restitution", "rigorous honesty" and "surrendering one's will and life to God's care". Hazard underwent a spiritual conversion" with the help of the Group and began to experience the liberation from drink he was seeking. He became converted to a lifetime of sobriety while on a train ride from New York to Detroit after reading *For Sinners Only*^[15] by Oxford Group member AJ Russell

UPCOMING EVENTS

MARK YOUR CALENDARS

Oceanfront Conference February 16-18 2024 at Wyndham Hotel 5700 Atlantic Ave Va Beach Va 30.00\$ Registration Holiday Buffet Christmas day dec. 25 at St. Pauls Episcopal Church 221 34th Str Newport News Va 12:00 to 2:00

AA Phone Hotline Workshop by District 8 and 12

March 23 12:00 to 2:00 pm at Bethany United Methodist Church 1509 Todd's Lane Hampton Va

First 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.

Remove from me all denial of
my addiction.

NOT A GRUM LOT

Name: _____

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POWERLESS

ACCEPT

HUMILITY

UNMANAGEABLE

FEAR

BOTTOM

ALLERGY

PRACTICE

ADMISSION

DEFEAT

MALADY

POTENTIAL