

VIRGINIA AA, DISTRICT 8, HAMPTON

JANUARY 2025

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 ONE

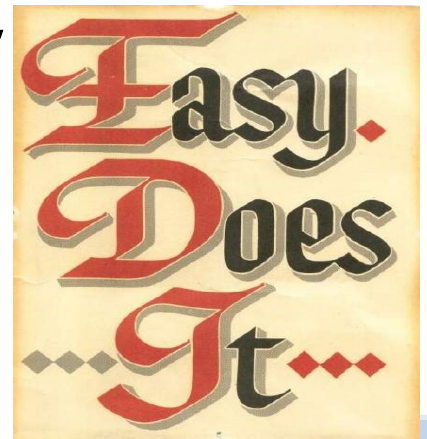
STEP ONE: WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—
THAT OUR LIVES HAD BECOME UNMANAGEABLE.

If lucky, our journey has taken us to arriving at a point of surrender. For some people the road they traveled getting to the first step in AA has been more than enough to convince them that unconditional surrender is the only option for recovery.

For a lot of people in recovery, walking into a treatment center or an AA meeting the first time is a major part of “working” step one. Your simple and humble act of asking for help is effectively an admission of powerlessness and unmanageability.

Most addicts are filled with guilt, shame, remorse, and self-loathing when they come into the rooms of AA. They’ve also gotten very used to keeping secrets from pretty much everyone, so opening up about the nature and extent of your alcoholic behavior is going against the grain. It may even feel completely unnatural and you probably don’t want to do it. But sharing your experience and the unmanageability lifts the burden of lugging them around in secret. Letting go of your secrets frees you up to move forward with a different, better life. For many people, the act of sharing Step One in an AA meeting is the true start of recovery.

However, becoming abstinent from alcohol will also be a requirement for starting to work the first step. The first step is all about looking at the effects of alcoholism in your life and for what is needed to be clean: to find a way to stop the behaviors with a perspective that isn’t clouded by alcohol. If you’ve been clean for a while, then the first step is about powerlessness over behaviors that make your life unmanageable.



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

Step 1 of AA is a pivotal moment in any recovery journey, laying the groundwork for all the transformative work to come. It's not just the first step [out of the 12 steps](#); it's the moment you acknowledge the impact of your addiction and begin to understand your own limits. Can you feel the weight of that realization? That's the beginning of change

When we talk about the **Step 1 of AA**, we're diving into some seriously important territory! This step is all about admitting we have a problem and that our lives have become unmanageable. Sounds heavy, right? But here's the kicker—it also opens the door to healing and freedom! It's those first words of acknowledgment that can set everything in motion for recovery.

Understanding the principles behind Step 1 isn't just a box to tick off. It's a genuine game-changer! This step doesn't come with rules carved in stone; it's more of a personal invitation to face reality. Have you ever felt like life was spiraling out of control? That's exactly the moment this step speaks to. It challenges you to be real with yourself and confront those uncomfortable truths. How liberating can that be?

- Acceptance of one's addiction
 - Recognition of inability to control substances
- Foundation for future steps in recovery

By embracing these key principles, you're not just getting started; you're truly setting the stage for growth and healing. Remember, admitting we need help is one of the strongest things we can do, and yet, it's often the toughest first step to take

AA History

1956

The quick growth of Alcoholics Anonymous in Great Britain and Ireland makes apparent the need for a separate General Service Board. After seeking guidance from G.S.O. New York, representatives from England, Wales, Scotland and Ireland meet in London on October 28, 1956. They resolve to establish a Board of Trustees based on the U.S. model, to be known as the General Service Board of Alcoholics Anonymous in Great Britain & Ireland, Ltd. The first G.S.B. outside the U.S., housed in London's Fruit Exchange, will begin

UPCOMING EVENTS

MARK YOUR CALENDARS

New Speaker Meeting Friday Night 7:00 pm at Wythe Presbyterian Church 151 Robinson Rd. Hampton ,Va.

New meeting Pride and Sobriety Saturday Night 7:00 pm at LGBTQ+ Life Center 20 Settlers Landing Rd Hampton, Va.

As Bill Sees It 2nd Annual Potluck Monday January 27th 2025 along with First Anniversary of Alanon Meeting at same facility 6:30 pm

First Step Prayer



Dear Lord,
I admit that I am powerless
over my addiction.
I admit that my life is unman-
ageable when I try to control it.
Help me this day to understand
The true meaning of powerless-
ness.
Remove from me all denial
of my addictions.

NOT A GLUM LOT

Name: _____

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ADMIT
DEFEAT
OBSESSION
BOTTOM

POWERLESS
SURRENDER
WARPED
UNMANAGEABLE

ALCOHOL
HUMILITY
DESPERATE
HOPELESSNESS