

VIRGINIA AA, DISTRICT 8, HAMPTON

February 2023

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



**Step Two :**  
***“ Came to Believe that a Power greater than Ourselves could Restore us to Sanity.”***

## Step Two

The second step in the Twelve Steps of Alcoholics Anonymous is as follows:

“We came to believe that a Power greater than ourselves could restore us to sanity.”

This step may discourage people who are trying to recover from alcohol or other addictions from joining AA because they don't fully understand what this step suggests.

First, we must give meaning to what is implied by “sanity.” Most alcoholics don't feel like they are truly insane, and they may even think it's crazy to be labeled as such. In this case, however, insanity may be best described by this [quote](#) commonly attributed to Albert Einstein:

“The definition of insanity is doing the same thing over and over again and expecting a different result.”

Most alcoholics can relate to this description. Often, people will try multiple times to regain control of their alcohol consumption, such as limiting drinking to nighttime. However, we still end up in the same place when all is said and done. For a true alcoholic or addict, this never works.



### 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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## **Perspectives on Step Two from local Members in District 8.**

**1. For Me this step is about belief that my thinking is wrong even insane, but also believing that there is hope and an answer. I must surrender to something more powerful than me or anyone else. That there is power that controls all and that I can change if I am willing to believe. Belief is a power source and everyone has belief systems but it is how we apply those beliefs in our daily lives is what matters. Many of my problems are beyond me solving them myself, when I understand and accept that it opens my mind to believe that there is a power that can help.**

**Rich M.**

**2. For Me Step 2 was about beginning a relationship with my higher power . Although I did not have a clear understanding of what my higher power was, I began to believe that a power outside myself could guide my recovery. Step 2 gave me Hope for the future. That I could have a life that was peaceful and stable. I will have challenges but I will be able to deal with them in the moment without turning to Alcohol.**

**Rachel F**

**3. After going over my history with my sponsor I realized that I needed a Power greater than myself. He showed me that as a child I thought any authority figure or Guardian was bad could not be trusted. I survived with out anything to help me and then shut down all my Feelings and emotions. As a child I thought all people were supposed to protect me and other children. So further discussion and understanding of my past chaotic life I came to understand that my definition was always in my heart that no one in perfect and all-powerful and can not control all the elements in my life . But as an example I came to believe that something could control all things such as the ocean's tides, wind, rain, and all aspects of life and I choose to call that person God { Power Greater than me}. My peace and comfort increased as I increased my belief in that Power , and that it provided me with Sanity one day at a time as I become a better and more useful person.**

**Johhney C**

# UPCOMING EVENTS

MARK YOUR CALENDARS

## ANNOUNCEMENTS

Buckroe's Men Group 12 step workshop #25 starts on March 4, 2023 at 9:00 to 10:30 at First United Methodist Church 1 Salt Pond Rd Hampton. Zoom Capacity for people out of town.

District 8/12 Hosting a GSR Workshop March 11, 2023 at St Marks United Methodist Church 99 E Mercury Blvd Hampton Va 9:00 to 12:00 including Pancake Breakfast.

**HAPPY  
HOLIDAYS**



### Second Step Prayer

**Heavenly Father**

**I know in my heart that only  
You can restore me to sanity.  
I Humbly ask that you remove**

**All twisted thought and  
Addictive Behavior from me**

**This day.**

**Heal my spirit and  
Restore in me a clear mind.**

# NOT A GLUM LOT

Name: \_\_\_\_\_

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V J Z H N O E V W R E L I G I O N G I M  
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I T W V W F I A D B P C R R W Q D J X W  
F L F I T H N F T R K Q S X U R F S X I  
C O L R U C H E E P O Q N X H C Q U B L  
H Q M Y E E Y S C I F B D Y N B W G W C  
H D L F Z E C N A I L E R Q S R V T Y X  
T I N S A N I T Y Q D E M K S Q R T F I  
V R F T M H O D N O G U B J E P D S D X  
O Q F I R I A T Q A C Y J O C Z V S P R  
Z W M G M A L N M E K F F E O U K E T D  
X J K B Y S E L F C E N T E R M O R O B  
H U Y Z G F C J Z A H H G C P P W G C G  
F H D Z E U K F A R I P V W X G X A P Y  
I F W M Q P F H E B A T B Z R L F G P A  
T T F C G T O N X S M E H K W A D P E F  
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BELIEF  
INSANITY  
SELFWILL  
PROCESS

FAITH  
RELIANCE  
DEFIANCE  
PREJUDICE

GOD  
SELF-CENTER  
RELIGION  
POWER