

VIRGINIA AA, DISTRICT 8, HAMPTON

FEBRUARY 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



## Step 2:

***“ CAME TO BELIEVE A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY .”***

Step 2

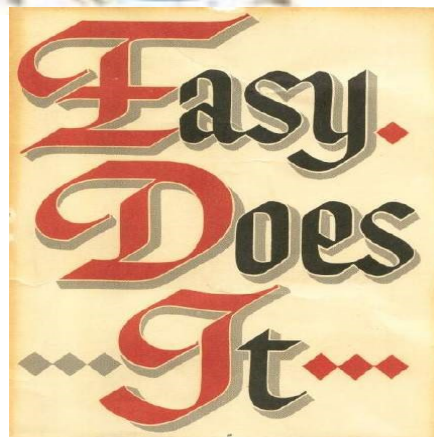
## Why Step 2 is Important:

As you embark on Step 2 of AA, you'll need an open mind. You need to envision a rebirth, as you end the behaviors of your past life and start fresh with [faith in a higher power](#) and the guiding principles of AA.

The time you spend on AA Step 2 will depend on different factors, such as your commitment to sobriety. This step may also take longer if you have a hard time believing in a higher power or forms of [spirituality](#), but remember, this step doesn't mean you need to find religion.

AA Step 2 lays the foundation for the successful completion of Steps 3–12 and requires you to accept outside help—a higher power, a sponsor, a therapist, a friend, therapeutic treatment, or another type of greater power—to control their destructive drinking behaviors with an eye toward the long-term solution of recovery.

AA members may take innumerable, different routes on their [quest for a higher power](#). AA Step 2 encourages you to discover your own path to faith, spirituality, or even religion. Determine what lights your fire to remain committed to your sobriety.



### 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 TWO:

To really understand what Step 2 of Alcoholics Anonymous means, you must look at it in comparison to the first step. The first step asks people to admit they are powerless over their desire to drink. This is a difficult thing to do because many who struggle with addiction think that if they could just try a little harder, they could stop drinking or that they just haven't found the right answer yet. Admitting you need help means making yourself subordinate to those who are helping you, at least temporarily, so that they can guide you in the right direction. This is what Step 2 encourages you to do, except it puts the problem onto a spiritual plane. Instead of asking you to [allow other people to help you](#), it asks you to consider the possibility that there's some sort of power greater than yourself that can guide you towards a better life. It then asks you to define for yourself what that power might be so that you can be open to its guidance. Some people find it helpful to talk to a spiritual adviser, an AA sponsor, or a counselor to help them accept and define their higher power.

Some people use their best selves as a higher power—the way they are when they are sober and doing exactly what they want to be doing. Other people are inspired by a favorite television show or character, a famous person in history, or the love they want their children to feel. Still others use God or other religious beliefs. Don't worry about whether your higher power makes sense to anyone else; just choose something or someone that works for you. If you're not religious, you may not know how to apply Step 2. Talking to other AA members can help you get some perspective. Many people come to AA with the same thoughts and feelings that you may have when thinking about this step. Other members can support you on your own quest to understand and use Step 2 and can share their experiences so that you can see some alternative ways of interpreting this step.

**AA History:** AA growth in Akron Ohio started in mid 1935 and continued until Dr. Bob's death in 1950. During this hectic fifteen year period, Dr. Bob devoted himself to hospital care for alcoholics. He introduced them to A.A. principles. Large numbers of alcoholics flocked to Akron to receive care at St. Thomas Hospital. Dr. Bob became a member of its staff. He and the fellow staff member, the remarkable [Sister Ignatia](#), cared for and brought A.A. to some 5,000 sufferers. After Dr. Bob's death in 1950, Sister Ignatia continued to work at Cleveland's Charity Hospital. She was assisted by the local A.A. groups and 10,000 more sufferers first found A.A. there. This set a fine example of hospitalization wherein A.A. could cooperate with both medicine and religion.

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

Movie Night February 24 at 10 Matoaka Lane Newport News 7:00 pm  
Warwick United Church of Christ , Ground Hog Day and discussion after on parallels to Alcoholism.

## 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 &  
Addictive behavior from me this  
day.  
Heal my spirit & restore in me a  
clear mind.

# NOT A GLUM LOT

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

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POWER  
GREATER  
REJECTED  
DEFIANCE

BELIEF  
DILEMMA  
INTELLECTUAL  
RELIANCE

SANITY  
EXPERIENCE  
CONVICTION  
AGNOSTIC