

VIRGINIA AA, DISTRICT 8, HAMPTON

FEBRUARY 2025

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



STEP 2 “Came to believe that a Power greater than ourselves could restore us to Sanity.”

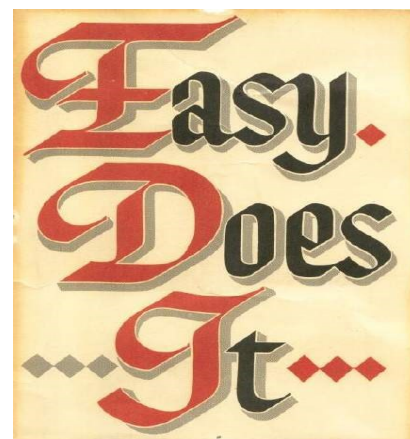
Step TWO

STEP TWO OF AA: A POWER GREATER THAN OURSELVES

All of the words of the 12 steps are very specifically chosen, which is another thing I really love about working with them. The second step doesn't say "We came to believe in a power greater than ourselves" it says "We came to believe that a Power greater than ourselves could restore us to sanity." That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of AA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.



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 in the Big Book of AA and other 12-step programs is to develop the conviction that there is a power greater than ourselves that can help us regain our sanity. The first step is to admit that we have no control over our addictions and that a new course of action is required. Completing step two can dramatically improve our quality of life as we relinquish responsibility to a higher power and begin living a more structured and sober life. Finding a higher power is critical to regaining control and sanity in our lives, but it can be intimidating for those who do not identify with organized religion or a traditional belief in God. Finding a force for good in whom we feel at ease and in whose judgment and wisdom we have faith is critical to working through this stage. This could be a traditional deity, a spiritual being, a human, or even a natural phenomenon. Atheists and agnostics might have a harder time going through this process, but they might still detect signs of a higher force in the things that give their lives purpose. Building a strong, healthy relationship with them is essential if we are to fulfill the higher power's purpose for us and stay on the correct path. It's crucial to keep in mind that our beliefs must serve us and keep us moving in a more positive and healthy direction. The most important thing is to find a higher power that we can relate to.

Focus of step 2: This step focuses on the restoration of hope. Though we previously acknowledged that we cannot manage our own lives, that does not mean that control cannot be regained. It means that we must trust that a greater power can lead us to recovery. To do so, we will ask questions probing into our spirituality and our willingness to let go and stop trying to control our own lives.

AA HISTORY : 1945-1954 AA TAKES FIRST STEP AROUND THE GLOBE

After World War II ends, A.A. groups begin to spring up in other lands, with word of the fledgling organization spreading south of the border, across the Atlantic, and to the Pacific Rim. The next decade also witnesses the Fellowship's first international convention and the creation of the General Service Conference.

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.

Oceanfront Conference Feb 21-23 in Virginia Beach at Wyndham Hotel

New GSR Workshop Saturday Feb 22 2025 at 11:00 am to 1:00 pm
At Bethany United Methodist Church 1509 Todds Lane Hampton Va

2ND 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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POWERLESS
ADMITTED
BOTTOM
RESULTS

SANITY
DEFEAT
RESTORE
DEFIANCE

BELIEVE
DESPERATE
SCIENTIFIC
RELIANCE