

VIRGINIA AA, DISTRICT 8, HAMPTON

March 2026

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



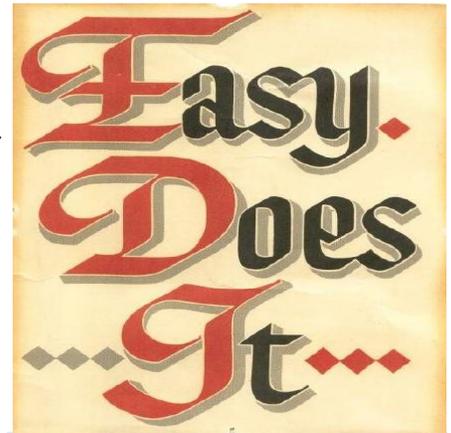
Step 3:

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Members of AA and other twelve step programs strive to find a new path by embracing spirituality and admitting they alone cannot control their addiction. Although the journey starts when a person walks into their first meeting, the real recovery begins when the decision is made to "let go" and allow a greater power to take over.

It may be a difficult thing to do, especially in a culture where people are taught that they are the masters of their own destiny, but many find comfort and relief when they sincerely take to step three. By working within a fellowship, rather than on one's own, step three allows a person to embrace faith as a means to achieve the impossible.

Upon achieving step one (the admission of powerlessness) and step two (agreeing that there is, in fact, a higher power), Step Three goes beyond words to actions. It opens the door to the rest of the steps and allows a person to begin the process of self-reflection (step four) and admitting the nature of one's wrongdoings (step five).



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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Tradition 3:

“The only requirement for membership is a desire to stop drinking.”

Simplicity and perspective are the words that describe the third tradition. I work the third tradition in a personal way by eliminating all my desires in life other than pursuing sobriety.

There is nothing wrong in wanting emotional and financial security. However, when I make obsessions of these goals rather than seeing them as the by-products of giving service in working a program whose goal is to pursue sobriety – I’m screwed.

Whenever I complicate my life by having any goal other than pursuing sobriety, I notice that I become ungrateful and take it for granted. Thus, the beauty of the third tradition is that it restores perspective through an attitude of gratefulness for the miracle of my sobriety. The third tradition suggests to me that that I surrender all of the requirements and expectations I have in life beyond sobriety. Emotional and financial successes are the result of being of service. But when these are things that I demand in my relationships with God and others, then I have lost the simplicity and perspective envisioned in the third tradition.

Thoughts for Tradition 3 self-maintenance:

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can’t ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

“I came into alcoholics anonymous hoping to stop drinking. If I could stop drinking my downward spiral would stop. I just wanted things to stop getting worse and worse. What actually happened was beyond anything I could have imagine. Today, I am amazed and grateful for how far beyond my expectations my journey in alcoholics anonymous has taken me.”

~ Anonymous

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

VSCYPAA 2026—Saturday 3/7 4 to 8 p.m. including chili cook-off—St. Mark's Methodist church 99 E. Mercury Boulevard, Hampton, VA

Serenity in All Phases—Saturday 3/7 2 to 4 p.m.—4231 Garst Mill Road—Roanoke, VA Rebos Club

District 8 Activities Committee Meeting— Sunday March 8 at 6:00 p.m. at St. Paul's Lutheran Church.

Third Step Prayer

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

CONTACT INFORMATION

Peninsula Answering Service: 757-595-1212

District 8 Website: aahamptonva.org

District 12 Website: aaneewport-newsva.org



NOT A GLUM LOT

Name: _____
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SHORTCOMINGS
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HUMILITY
PRAYER

WILLINGNESS
INVENTORY
SPIRITUAL
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