

VIRGINIA AA, DISTRICT 8, HAMPTON

April 2021

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



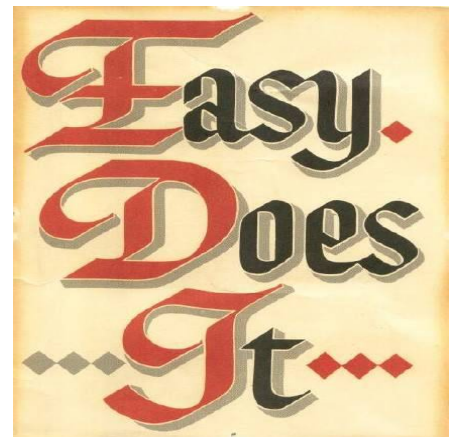
Step 4:

*“Made a searching and fearless moral inventory of ourselves.”*

#### SO MUCH TO GAIN

The benefits of completing Step Four are strengthened sobriety, spiritual growth and movement towards mending your relationships to your HP, yourself and other human beings. What’s the biggest requirement for this action step? Be honest! You and the people around you will benefit from this crucial step. In case you didn’t know, keeping secrets is threatening to our recovery, and we have all had secrets that nearly killed us. Our secrets, in and out of sobriety, keep us sick.

Almost everyone comes into recovery having trouble separating fact from fiction in our own lives. The reality is that the “drunkalogues” and war stories that accumulated over the years of using are so embroidered into the fabric of whom we think we are. However, while working on our step inventories we get a new perspective on the bigger picture, on patterns, selfishness, our responsibility in situations and in this process we are building up an accurate self-appraisal with true self-worth as the reward.



#### 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 4:

**“Each group should be autonomous except in matters affecting other groups or AA as a whole.”**

### OUR DECISIONS AFFECT OTHERS

For too long, I thought I was autonomous in my own right; this is also called being self-centered or selfish, with “self-will run riot.” This Tradition helps me understand that I cannot take any actions harmful to others without dire consequences to myself. I learned that nothing was really good unless other people also were considered. If I don’t seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

The one word that characterizes the fourth tradition is the word “decisions.” This tradition teaches me how to make decisions and maintain good relationships with God and you at the same time. The traditions show us how to get along with each other. The second half of the fourth tradition teaches me to consult others when I make decisions that affect them.

I am not to be a dictator in making decisions that affect other people’s lives (or the community) as I did when I was drinking. I need help from others, especially in matters affecting them. My goal is unanimity. <I repeat> If I don’t seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

### Thoughts for Tradition 3 self-maintenance:

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?
7. What “questions” could we ask ourselves before we make a decision to use our autonomy?
8. Does autonomy excuse or justify improper behavior?

**“ I have had many attempts at sobriety, each one as determined as the others to never drink again. It wasn’t until I became completely honest revealing every detail of all of my many transgressions that I truly demonstrated my willingness to get sober. My sponsor helped me recognize what was holding back the entire time. Me!” ~ Anonymous**

# UPCOMING EVENTS

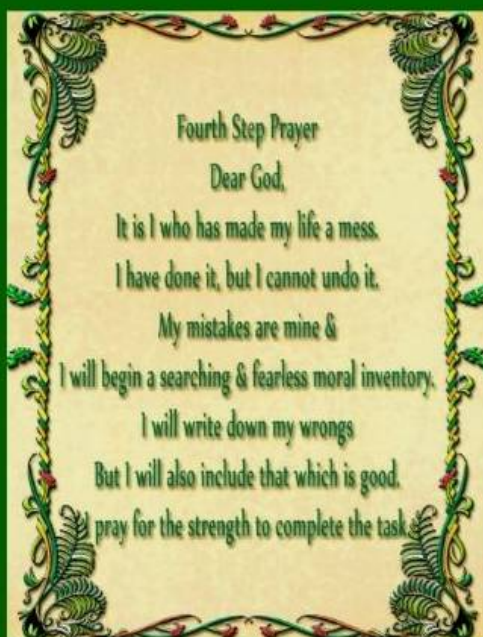
MARK YOUR CALENDARS

## ANNOUNCEMENTS

**The Buckroe Men's Group 12 Step Workshop** begins on **Saturday April 3rd, 2021**. The workshop will last between 3 and 4 months each Saturday between 9 and 10:15 AM at First United Methodist Church of Fox Hill 1 Salt Pond Rd. For more information contact Andy at 757-713-5225 or akutsch@live.com.

**Quittin' Time meeting of AA is back!!!!!!! Mondays at 6 PM at St Mark's United Methodist Church**

### Fourth Step Pray-



If you have an event or an announcement that you would like to include in the newsletter or content that you would like to see please email your request to Chris O. at [newsletter1.district8.va@gmail.com](mailto:newsletter1.district8.va@gmail.com)



# NOT A GLUM LOT

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

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FEARLESS  
DISHONESTY  
SHORTCOMINGS  
HUMILITY

MORAL  
PROMISES  
WILLINGNESS  
INVENTORY

FAITH  
POWER  
RELIANCE