



Step 4:

"Made a searching and fearless moral inventory of ourselves."

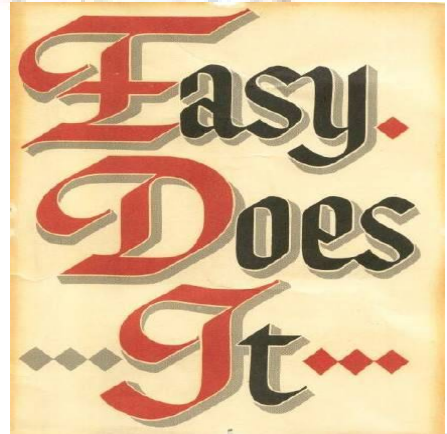
Many alcoholics struggle with the honesty required to complete a thorough 4th step. Looking back on this process, I can see that my problem was not the fear of revealing some deep dark secret, I just did not understand what honesty was. I had lied to myself so much that I no longer knew what the basic truths really were. This is why I needed a sponsor who could help me find the truth. I also did not have faith that this "inventory" would help me stop drinking. Now I understand that everything starts from the "truth". Why am I resentful? What role did I play in this resentment? Why am I afraid? I can truthfully answer these questions today. I have only been graced with this clarity as a result of the faith and knowledge that I gained from going through the 4th step with a sponsor who helped me learn how to answer these questions truthfully.

I recently set down with L a member of AA with over 2 years of sobriety. I wanted to know what impact the 4th step had on his life.

Me: What was your personal experience like when you were working through 4th step?

L: My experience with the 4th step consisted of several things all at once. First it was liberating, second eye opening and third it provided me with the ability to be introspective and take a critical look at myself. I found about who I was, and what I was really about.

(interview continued on page 2)



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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(continued)

Me: What was the biggest challenge that you experienced in completing your 4th step?

L: Being willing to say everything that I needed to say knowing that this level of honesty would help keep me sober. I was afraid that if I wasn't thorough enough that I was going to drink again.

Me: What advice would you have for the newcomer?

L: I would tell them to do it. Just do it. Even if you are afraid, do it. I would also tell them to avoid taking too long to complete the inventory. That would be my number one thing.

What is Step 4 of AA?

The fourth step of the twelve steps of Alcoholics Anonymous (AA) addresses a person's character flaws that one must face if recovery is to occur.

It requires a search and inventory of oneself that considers what causes a person's alcoholism. During the process, they discover and examine liabilities.

Recovery doesn't require above-average writing ability to create a moral inventory. But it does mean evaluating oneself and acknowledging what you find.

What is the Purpose of the 4th Step of AA?

The purpose of step four is to begin the spiritual growth necessary for recovery.

It emphasizes establishing or improving your relationship with a higher power, as well as with yourself and your loved ones.

This step requires honesty and a candid look at yourself, your past, and your character defects.

Many people with struggle to understand the difference between fact and fiction due to how alcohol has affected their memory. They tend to create stories that allow them to live as they do until they're ready to begin recovery.

Remember, nearly everyone who completes this step has things they believe are too terrible to include on the list. Include them anyway. Otherwise, your list is incomplete and you're not being honest.

It's important to understand that AA is a place for people who also struggle with alcohol addiction and there's nothing you can list that is unique or too shocking for other participants.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ The District 8 Spring Picnic and Ft. Monroe will be celebrating 50 years on Saturday May 14th 11AM until 3 PM at Gosnold's Hope Park Little Back River Road, Hampton.

BRING YOUR OWN CHAIR

- ♦ The district is in need of a new Archives Chair contact Ross - dcm.district8.va@gmail.com
- ♦ New Home Group Members Needed—Hand of Hope Group: Thursdays at Noon at St. Paul's Lutheran Church 807 W Mercury Blvd, VA 23669
- ♦ Come out and support As Bill Sees it Meeting of AA: Mondays at 7:30 PM at Emmanuel Episcopal Church 179 E. Mercury Blvd. Hampton, VA 23669
- ♦ Come out and support Wythe New Life Group: Wednesdays at 8:00 PM at Wythe Presbyterian Church 151 Robinson Rd Hampton, VA 23661



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



NOT A GLUM LOT

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