

VIRGINIA AA, DISTRICT 8, HAMPTON

APRIL 2024

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.*”

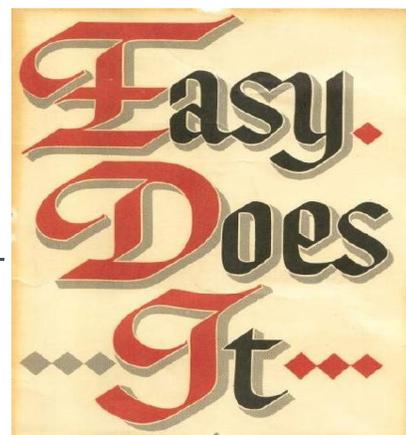
Step 4

Why Step 4 is Important:

Step 4 of AA is “made a searching and fearless moral inventory of ourselves.” [AA Step 4](#) is all about self-examination and reflection—as scary as it may sound, you have to take a good hard look at your character defects and negative behaviors that have led you to cause pain and suffering. As the name of Step 4 suggests, you need to sit down and make an actual list of these defects. Confronting your past is never easy, and it can stir up a lot of negative emotions, so it’s important to rely on your support system and “[higher power](#)” during this step.

If you have sincerely completed the first three AA steps—[admitting you were powerless](#) over alcohol, [believing a power greater than yourself](#) can restore your sanity, and [turning your will over to your higher power](#)—then you are ready for Step 4, which is the first step on the list that requires action.

No doubt it’s going to take courage to take a good hard look at yourself, but on the other side of that self-examination will be the ability to release your past and move forward into a happier, sober life. Step 4 of AA lays the groundwork for the rest of the steps because without identifying your moral defects, you can’t begin to admit them to others, rid yourself of these shortcomings, and make amends with those you’ve harmed. All of the AA steps after Step 4 are dependent upon approaching Step 4 with the intention of truly interrogating your character and behaviors.



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 Four Purpose:

The purpose of step 4 of AA is to begin to become willing to move forward in recovery by honestly examining your past substance use and actions and how it has affected you and others.¹ Step 4 of AA is a path toward learning to take more responsibility for yourself and your actions.

- Be honest about your moral shortcomings: They may provide insight into why you started misusing alcohol.
- Accept that the problem is within yourself and drop the word "blame" from your vocabulary: You and you alone are responsible for your behaviors.
- Work closely with your sponsor: They will share their weaknesses with you, which may help you feel more comfortable sharing your own.

How a person completes their moral inventory in step 4 of AA can vary depending on what method works best for them. Some people may journal about it, while others may create a more structured document that lists people they've hurt or specific examples of ways they've hurt themselves and

- Don't hold back: Be honest as it can help open you up to the other steps of AA and your recovery process.
- Trust yourself: It can be challenging to trust yourself if you've made mistakes; however, taking a moral inventory can help you develop trust in yourself over time.

Work with your sponsor: They can offer support and suggestions on how to take moral inventory in a way that works best for you.

Some people believe that this step 4 of AA is one of the hardest to work through because it can feel tiring to relive challenging moments. However, many people who complete step 4 of AA say they feel newfound confidence after they honestly face what they've been through and done. They may feel more ready to start the next chapter of their lives as sober and better versions of themselves.

History: 1951

The headquarters was also publishing "standard" A.A. books and pamphlets. It supervised their translation into other tongues. Our international magazine, AA Grapevine, had achieved a large circulation. These and many other activities had become indispensable for A.A. as a whole.

And yet, these vital services were still in the hands of an isolated board of trustees. The trustees' only link to the Fellowship had been Bill and Dr. Bob. As the co-founders had foreseen years earlier, it became absolutely necessary to link A.A.'s trustees with the Fellowship that it served.

Delegates from all states and provinces of the U.S. and Canada were forthwith called in. Thus composed, this body for world service first met in 1951. Despite earlier misgivings, the gathering was a great success. For the first time, the trusteeship became directly accountable to A.A. as a whole. The A.A. General Service Conference was created, and the over-all functioning of A.A. was thereby assured for the future.

UPCOMING EVENTS

MARK YOUR CALENDARS

May 25th 11:00 to 3:00 pm at 2510 N Armistead Ave Hampton Va, Big Book Topic 2nd annual Cornhole Tournament Hot Dog and Burgers provided

Virginia State Convention August 9-11 2024 Roanoke Va at Holiday Inn Tanglewood

4468 Starkey Rd Roanoke Va 24018 call 540-774-4400

FOURTH Step Prayer



God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick.

NOT A GLUM LOT

Name: _____

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H K Z S O P S G E F M W E T Z S A Q A C
L S B M X A I Q D V O B B F V I W J X H
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Y J F T I Y P M C I B W S L P C E G X E
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B P U N Q N I A L N D C A Z O N P G A X
C B C O T T I T S Q U F W H O U Q J N C
M F X B D C M J Y E I V S A A O U O O Z
C Q Q P P W G V O A L I H S I F L E S D
R Q T L K K P R J S D F F W A N G E R C
B T M M B M S E X U N U K T O F W M E W
G D F K H B R Z C W Y Y B V U B R G P F

MORAL
WRITTEN
FUTILITY
SELF
PERSONAL

THOROUGH
RESENTMENT
SELFISH
RELIANCE

FEARLESS
ANGER
DISHONEST
SEX