

VIRGINIA AA, DISTRICT 8, HAMPTON

April 2025

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



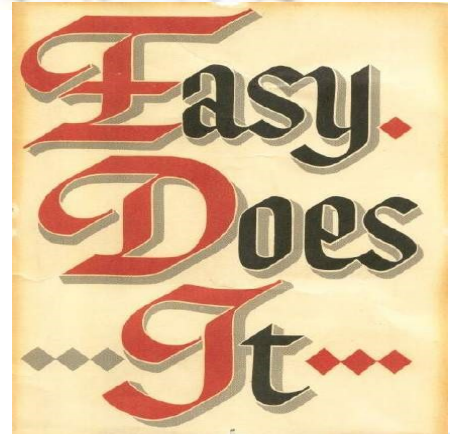
Step 4:

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

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 answers these questions truthfully.

What Is the Purpose of Step 4 of AA?

The purpose of Step 4 of AA is to encourage people to reflect on the feelings, actions, and behaviors that may have contributed to or been a result of their addiction and the effects that these may have had on their lives and overall well-being.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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How to Complete Step 4 of AA

People might wonder how to complete Step 4 of AA, and many AA chapters offer worksheets to guide this process.³ Although it's generally advised to work through Step 4 with a sponsor's support and guidance, a summary of how someone might complete this important step follows.² You should write down your reflections and give yourself adequate time and space for contemplation.

- List your resentments, their causes, the ways they impact your life, and what role you may have played.² Think about whether you think your resentments are justified and whether you might tend to blame others, instead of yourself, for your feelings of resentment.²
- List your fears, their potential causes, and the ways they affect your life.^{2, 3} Include fears about people, places, things, institutions, ideas, or principles, and the ways these fears make you feel and how they might contribute to your actions and unhealthy behaviors.³
- List the ways your sexual conduct may have harmed yourself or someone else

How Step 4 of AA Fits Into Your Recovery Journey

The 12 Steps were designed to be completed sequentially and are intended to be guides, not rigid statutes, that accompany a person's recovery process.⁴ Each Step doesn't have to be completed perfectly, and you may move through certain steps, or revisit them, at certain times in your recovery.

Step 4 follows [Step 3 of AA](#), which states that we “made a decision to turn our will and our lives over to the care of God as we understood Him,” and precedes [Step 5 of AA](#), which states that we “admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”⁵ The Big Book indicates that Step 3 can have little permanent effect unless a person can face things that block them (as occurs during Step 4), and similarly, it's important to understand your wrongdoings before you can admit them to yourself, God, or another person (as takes place in Step 5).⁴

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

Woman's Grapevine Meeting—Mondays at 7:00 p.m. starting March 24 at Wythe Presbyterian Church—151 Robinson Rd, Hampton.

New Meeting in Poquoson—at 6:30 p.m. every Thursday — Tabernacle United Methodist Church 831 Poquoson Avenue. “Low Tides, High Hopes” Beginners Meeting

Big Bodacious Buckroe Birthday Bash—Friday, April 11—First United Methodist Church—1 Salt Pond Road—Hampton—Doors open at 5, dinner at 6 and meeting at 7. \$10 donation suggested.

4th Step Prayer

Dear God,
I have a resentment towards a person that I want to be free of. So, I am asking you to give this person everything I want for myself. Help me to feel compassionate understanding and love for this person. I pray that they will receive everything they need. Thank you God for your help and strength with this resentment.
Amen.

guidedbyprayer.com

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:

newsletter1.district8.va@gmail.com



NOT A GLUM LOT

Name: _____

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FEARLESS
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SHORTCOMINGS
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POWER
RELIANCE