

VIRGINIA AA, DISTRICT 8, HAMPTON

May 2022

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 5:

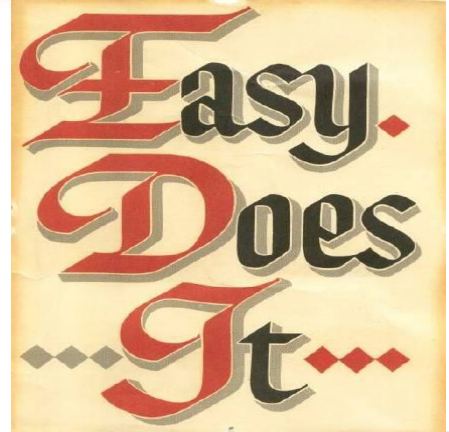
"Admitted to God, to ourselves, and to another human being the exact nature of our

My thoughts on the 5th Step

In my many attempts at sobriety I think that the key to my repeated failure was lack of honesty in step 4. The consequences of this dishonesty was more dishonesty in step 5 which ultimately led to me drinking again. I will continue to repeat this cycle unless I am willing to accept the help, and follow the instructions given to my by another alcoholic who has completed these steps. I no longer ask the question how did I become willing? Or How does any alcoholic become willing? This is just an essential fact that I have come to accept despite my many efforts to get around following instructions. I can complete the first three steps on my own. Step one I can admit that I am powerless, in fact I am the only person who can admit that I am powerless. No one can do this for me. Step 2 I can believe that a Power greater than me can restore my sanity. I may need help seeing how my life is insane but I must have some faith in something other than me. Step 3 all I have to do is make a decision, even though in early sobriety I have know idea what this decision entails. It's at step 4 and 5 where I have to have help from another alcoholic

Step 4 requires an understand of the truth. In early sobriety I have no idea of the difference between the true and the false. I lied to others in order to continue drinking the way that I did. Even more importantly I lied to myself about myself. In my mind Chris was fearless, noble and caring. I truly believed this. Only another alcoholic can help me see the truth.

(Continued next page)



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) The 5th step requires me to sit down with another person and provide specific details about my resentments, fears, and the wrongs that I have committed. In my mind, I was the victim of people and circumstances that had conspired against me. I was a noble tireless victim always striving for what was right and just. My sponsor helped me to see that this was a lie. I was selfish and afraid of my responsibilities as a man, husband, and a father. Nothing special, just selfish and afraid. I was disappointed that my sponsor wasn't more horrified about the things that had been done to me, and the things that I had done to others. He helped me understand that the path to sobriety was simple: be less selfish and help others, and its ok to be afraid but responsibilities must be met. I could not see these basic truths without a sponsor. I have been graced with the opportunity to share these insights with alcoholics that I have sponsored. Passing this message to other alcoholics is an imperative for me to stay sober. I am always afraid that I will not share the message as well as my sponsor did with me, but I try not to let my self centered fears prevent me from living up to the responsibility of the 5th step.

Chris O.

Alcoholic Anonymous step five is often called "Confession." In this step we "admit to God, to ourselves, and to another human being the exact nature of our wrong." This step follows a written inventory of our wrongs and it is critical to share this as soon as possible.

Overcoming Fear

Fear is a natural reaction to confession. Although you may want recovery desperately, confronting the nature of your wrongs and admitting long-held secrets to God and to another human being may be terrifying. If you allow these feelings to stop your progress at step five, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more. Alcoholics Anonymous Step Four has prepared you for step five, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a deeper level than in your first step of admission, and you break the pattern of denial that often plagues those suffering with alcoholism.

5th Step: Confessing to Yourself

Step 5 requires not only that we admit to ourselves the exact nature of our wrongs, but that we embark on an honest self-evaluation of our faults. This part of the fifth step helps to remove your egoism and helps to minimize your fear. This enables you to work on your remaining confessions to God and another human being with honesty, openness and courage.

Confession to Another Human Being

An alcoholic is rarely able to break the cycle of addiction without help. Part of recovering from alcohol addiction is building your self-esteem so that you realize what you have to share is worth listening to, and that you are worthy of forgiveness and respect. The person you select to share your fifth step confession with should be someone who understands the process of recovery and someone who wants to help you get through it. For this reason many choose to complete step five with a sponsor, or someone from within your AA group who will understand the process of recover and who will be compassionate and respectful of your desire not to share your confidences with anyone else. A sponsor will also help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you've shared.

<https://www.alcohol.org/alcoholics-anonymous/step-5/>

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**

Fifth Step Prayer

Higher Power,
my inventory has shown
me who I am,
yet I ask for Your help in admitting
my wrongs to another
person and to You.
Assure me and be with me
in this Step, for without the
Step I cannot
progress in my recovery.
With your help, I can do this



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

Name: _____

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Step 5 Word Search

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