

VIRGINIA AA, DISTRICT 8, HAMPTON

May 2023

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

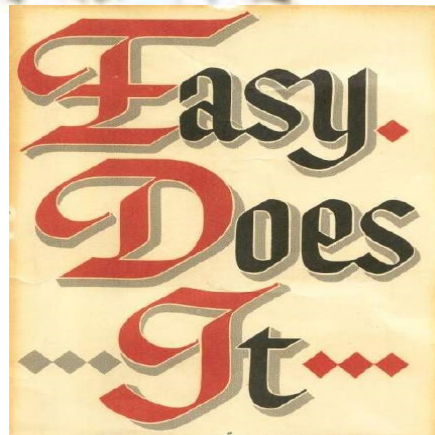
6:30 PM @ St Mark's United Methodist Church



Step FIVE :

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs”.

Step 5



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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What is Step 5 of AA?

Step 5 of AA reads that one, **“admitted to God, to oneself, and to another human being the exact nature of our wrongs.”** Put simply, Step 5 is the point in the process in which one will speak openly and honestly about their struggles with addiction, with focus on how they harmed themselves and others through their behaviors while drinking.

Step 5 occurs immediately after you complete [Step 4](#), which involves making a moral inventory of your character defects and problematic behaviors that have harmed others. Once you've admitted these defects to your higher power and to yourself, you must read your list to another person.

It's normal to feel nervous or intimidated by AA Step 5, as it puts you in a very vulnerable position. For many people, this might be the first time they'd expressed these negative traits to someone else. But Step 5 of AA is vital to your spiritual development—it allows you to release all of your shame and guilt so that you can move forward.

Step 5:

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

As Bill Sees It meeting has 11th step Meditation workshop Saturday May 27th 9:30 am to 2:30 pm , Bring comfy chair or floor mat.

District 8 and 12 Picnic June 10th 2023 11:00 am to 2:00 pm

Sandy Bottom Nature Park Lakeside Pavilion

Fifth Step Prayer



Fifth Step Prayer

**God , 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 this step I cannot pro-
gress in my recovery**

**With your help , I can do this and I
will do it.**

NOT A GRUM LOT

Name: _____

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

WRONGS
OURSELVES
SOBRIETY
HUMILITY

ADMISSION
GOD
HONEST