

VIRGINIA AA, DISTRICT 8, HAMPTON

MAY 2024

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 wrongs.”***

Step 4

---

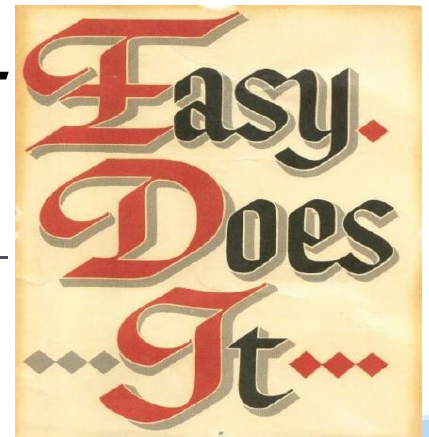
Why Step 5 is Important:

Step 5 of AA helps ease the anxiety and guilt of feeling like you need to hide who you are and what you've done. Step 5 of AA may help you feel less lonely and isolated.<sup>1</sup> Additionally, Step 5 of Alcoholics Anonymous can help you reflect on the exact nature of your wrongs, particularly how your behaviors affected others negatively. Doing this is important, as this can help you repair relationships and reconnect with a higher power

- Release worry about being judged for what you've done or who you are. Step 5 of AA can help you learn to be more gracious toward yourself and receive grace from others.
- Remember that AA is a safe and supportive environment where everyone is there to heal.

Choose someone you are comfortable sharing with and who you trust. It may be helpful to speak with someone who is more neutral and not a person listed in your moral inventory.

Being vulnerable about your struggles can help you learn to be honest and responsible for your wrongs, while releasing the pain of holding them in. You may feel a huge weight lifted once you confide in another person. This may allow you to move on to Step 6 of AA



### 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.

Copyright © The AA Grapevine, Inc.

## Step Five Purpose:

[Step Five of AA's](#) Alcoholics Anonymous Twelve Step Program is essential to the fundamental change of personality required to overcome an alcohol and/or drug addiction. In its simplest form, the fifth step is basically a confession of personal wrongdoings and the beginnings of your spiritual housecleaning.

Although in [step four](#) we admitted the exact nature of our wrongs, the process of clearing away the wreckage of the past will not be completed until we have shared those wrongs with another person in step five. Including a well-chosen person to be part of this healing process helps us to become aware of our own self-delusion, where we have not been totally honest and where there are patterns of destructive thoughts and behaviors.

Sometimes painful but always rewarding, the incredible emotional and mental relief you will feel (coupled with profound personal insight) makes the fifth step a valuable exercise. Successful completion of step 5 marks a return to sanity, and a much clearer recognition of who and what we are.

It wasn't until we admitted our addiction to ourselves and surrendered to the program of Alcoholics Anonymous that we were able to stop using or drinking. The same holds true with the admission that we make in the fifth step. Until we honestly share and understand the exact nature of our wrongs we are not likely to have the willingness or the ability to choose another way of living.

I can remember doing my fifth step for the first time. It seemed so strange to sit down with another human being and tell them about my character defects, secrets, and bad behaviors or share about how I had hurt people. With my stomach in knots, sweating, emotional and stammering through my words I managed to complete it in just a few hours, and afterwards, I felt amazing!

So take a deep breathe, say a prayer, pocket your pride and illuminate every twist of character and every dark cranny of your past. In revealing your most distressing memories to another person—most likely your sponsor- be as honest as possible with that person, looking at who you are, and who you would like to become. Be vulnerable and don't hold back. Sharing our inventory with another person who can listen with compassion gives us an opportunity to free our minds and our hearts and then be open to receive unconditional love. Yep, you heard me, no matter what you've "done" you wont be judged or shamed.

History: 1947

Though the first official A.A. group in England won't be formed until 1948, the ball gets rolling when a visiting American woman, Grace O., writes to five Londoners who are in touch with the Alcoholic Foundation and schedules a meeting at the Dorchester Hotel for March 31, 1947. The eight attendees include two A.A. members from North America: an A.A. from Hollywood, California, whose acquaintance she had made on the voyage across the Atlantic, and "Canadian Bob," whom Grace had met in a London restaurant and who will figure large in A.A.'s growth. Meetings will continue in restaurants and residences, among them the home of Canadian Bob.

# 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

St Pauls Home Group Summer Pot Luck May 19, 2024 @ 807 E Mercury Blvd Hampton Sunday Night Doors Open 5:30 , Dinner @ 6:00 and Regular Meeting 7:30

## 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 & to You.  
Assure me, & be with me, in this  
Step,  
For without this Step I cannot pro-  
gress in my recovery.  
With Your help, I can do this, & I do  
it.

# NOT A GLUM LOT

Name: \_\_\_\_\_

Created with TheTeachersCorner.net Word Search Maker

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