

VIRGINIA AA, DISTRICT 8, HAMPTON

June 2022

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 6:

“We became willing to ask God to help us remove our defects of character.”

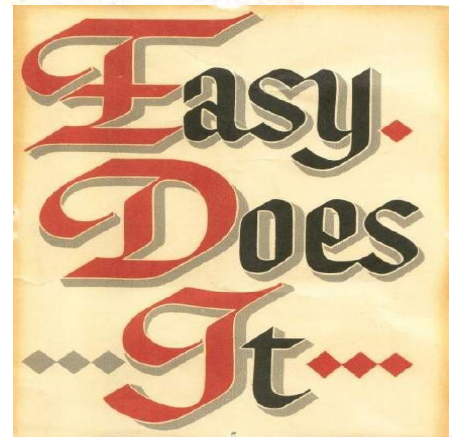
My thoughts on 6th Step

My sponsor gave clear instructions on how we were going to proceed with step 6: after I shared my resentments, fears, sexual misconduct and a description of all the people I had harmed I was instructed to sit for one hour and make certain that I had not forgotten or left out anything from the previous 5 steps. After this we read the two paragraphs from the big book that covered steps 6 and 7. We discussed step six and I thoroughly read the step 6 chapter in the 12 and 12. What I remember most at this point was a feeling of being let down. So much effort had gone into steps 4 and 5 I just had an expectation of something more. I do not have any idea what I expected I just remember the feeling that there should be more.

I can better understand this feeling almost 6 years later. The truth is I am an alcoholic selfish to the core and even after sitting down with another alcoholic and having him demonstrate through my action how self centered I am I just don't see the character defects in early sobriety. Today I realize that the character defect of self-centeredness is what kept me miserable in unhappy, even when I was not actively drinking. As long as I am focused on me and my expectations I can not have the serenity that I need to get and stay sober.

I was not able to truly ask God to take away my character defects until I began to see examples, with the help of my sponsor, of how my fear, dishonesty, and self-centeredness were the source of all my pain in misery.

(continued on page 2)



A.A. PREAMBLE

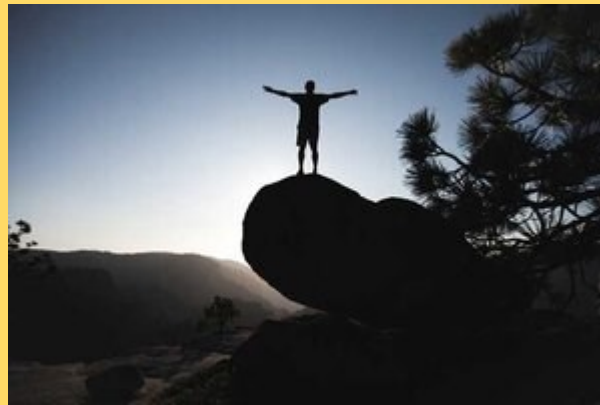
Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

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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(continued) As an active alcoholic drinking gave me a reprieve from the misery that my actions created. During early sobriety I had to find a new way of dealing with these emotional lows. My sponsor and AA taught me that if I stopped lying, faced my fears, and MOST IMPORTANTLY put the needs others ahead of my own I could get past the periods of unhappiness. The other thing that was essential was I had to be willing to ask God for help in overcoming these character defects. The truth of my life was based on the evidence that was in front of me: I was a scared self-centered liar, and if I was going to get sober I had to become a better man, even if I did not want to. Thanks to my sponsor, I had clear evidence of God's presence in my life; I had not had a drink in 6 months and I was not obsessing over alcohol. If this was possible I began to have faith that if I asked God to help me change my behaviors this would work too. I did not become a better man overnight and I continue to work on my defects of character, but I have come through every challenge and low spot over the past 6 years without drinking. Most importantly I have faced these challenges with honesty and I have never failed to be useful to the people I love and care about.

STEP SIX QUESTIONS In Step Six of AA we get to put the anvil down. For many of us recovering addicts carrying around the weight of some pretty heavy shortcomings not only slows us down in the progress of our recovery; it also puts us at risk for relapse.



We've had these defects we're about to let go of for a long time so there's probably a measure of fear about changing-because change means the unknown and the unknown is part of why we drank or used. It's important to keep a sense of hope and trust in the program and the process of recovery that has worked on even the most deeply rooted character defects.

Here are some questions to help guide you through Step Six:

- *What are your fears about doing a sixth step?*
- *What does it mean that a "higher power" can remove them?*
- *What is your responsibility?*
- *Do you believe you can change? Have you changed so far?*
- *Are some of your character defects enjoyable because they give you pleasure?*
- *Are there any defects that you think cannot be removed? Are you willing to have all of them removed if not why?*
- *How does surrender help with Step 6?*
- *What actions can you take to show that you are entirely ready?*

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ **VAC summer meeting July 7-8 @ Springfield, VA**
- ♦ **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

Sixth Step Prayer

Dear God,

I am ready for Your help in removing from me the
defects of character
which I now realize are an obstacle to my recovery. Help me to continue
being honest with myself and guide me toward
spiritual and mental
health.

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 6 Word Search

S F L D E R E A D Y Q A X W L Z Z I C Y
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CHARACTER
DEFECTS
PERFECTION
SIXTH

ENTIRELY
HONESTY
OBSESSION
REMOVE

READY
GLUTTONY
DESIRES