

VIRGINIA AA, DISTRICT 8, HAMPTON

JUNE 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



## Step 6 : Were entirely ready to have God remove all these defects of character.:

Step 6

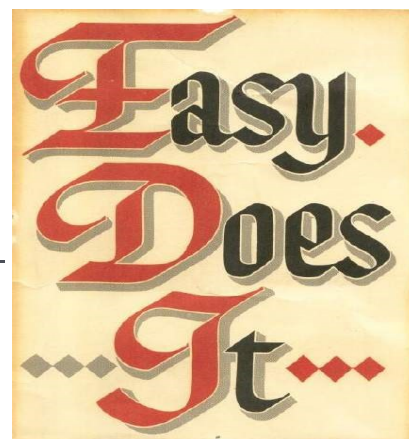
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Why Step 6 is Important:

First, consider the word “ready.” You’ve worked this far in the 12 Step Program. You may think you’re ready to move forward, but that’s not the meaning of this word to focus on. View it as being ready for the unknown, being prepared for what’s ahead and being open to change. It’s also important to be truly committed to leaving behind what brought you to this point.

You’ve seen the patterns in your behavior that have brought you here, and you know that not changing those patterns is only going to continue the same process. Instead, be ready to remove those defects fully from your day-to-day life.

Next, focus on your defects that we’ve previously identified. Character defects aren’t as simple as they seem and we need to be thorough with our understanding of them. Every person has needs; it’s human nature. It’s not those needs that are defects. Rather, it is the way we work toward meeting those needs that leads to character defects.



### 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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## Step Six Purpose:

[.Step Six of AA's](#) Alcoholics Anonymous Twelve Step program of recovery is all about the removal of what doesn't work in our lives anymore. Since you have completed Step [Four](#) and [Five](#) you surely have plenty of things that were revealed to you about what you need to get rid of!

So now it's time to allow a Higher Power to cut out these attitudes, beliefs and behaviors at the source. You get to partner up with your Higher Power and make a firm decision to let go of the character defects and flaws that have been ruling your life and seemed to have you hell bent on self destruction.

The sixth step can bring about significant and very noticeable change when it comes to the thought patterns and behavior that have been with us for a long time. It doesn't happen overnight obviously, and there is nothing like perfection when working the twelve steps of AA. It's about making a commitment and being content with patient improvement.

When breaking down Step Six I like to focus more on the word "ready" than entirely; nobody is ever entirely ready, especially for the unknown. However the word "ready" is a reminder that we are prepared, open and available. Now we can aim at the very best of all we know or can learn.

In previous steps we discovered how we harmed ourselves and other people by acting out on our character defects. We learned about patterns in behavior and that we are likely to act the same way with the same defects over and over. All of this knowledge helped us to become ready to have these defects of character removed. So now, at Step Six, we've reached a spiritual state of mind where we are aware of our character defects, sick and tired of them and pretty confident that a higher power of our own understanding will remove what should go.

While working on Step Six we learn about the humility it takes to see ourselves more clearly. We see that character defects and instincts work hand-in-hand.

We were given instincts to help us stay alive. However, when our abundant instincts or desires far exceed their intended purpose, motivate us to act blindly, or make us willfully demand that we be supplied with more satisfactions than are possible or due, they then become character defects.

It's important when looking at your character defects in Step Six to remember the basic nature of all human beings (which is the same for all of us). We all have needs and we try to get the met; how we go about getting them is where defects come into play.

To be clear, "defects of character" does not mean you are defective, or that you are a bad character. In fact, instead of seeing your faults and failings as *defects*, you should reframe it as "shortcomings" that can be address and worked on.

**AA History :** June 10th 1935 is considered the birth of AA although Dr. Bob and Bill W actually met in May 1935 on mothers's day and Dr. Bob started the process of getting sober he had a major relapse on a Medical conference in Atlantic City. He came back to Akron and re-invigorated his efforts and his sobriety date now coincides with the start of AA as an official organization. It's typically called Founders Day.

# UPCOMING EVENTS

MARK YOUR CALENDARS

Virginia State Convention August 9-11 2024 Roanoke Va at Holiday Inn Tanglewood

4468 Starkey Rd Roanoke Va 24018 call 540-774-4400

Carrying the Message district 8 and 12 Picnic June 23rd 2024 at sandy Bottom Nature park Lakeside Pavilion 11:00 to 3:00 pm burgers and Dogs Provided, bring sides and desserts

As Bill Sees It Potluck June 24th 2024 6:30 pm at Emmanuel Episcopal Church 179 E mercury blvd with Al-anon and AA speakers , Bring your favorite dishes

## Sixth Step Prayer



God, help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN

# NOT A GLUM LOT

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

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READY  
DEFECTS  
GLUTTONY  
CRITICIZE

REMOVE  
CHARACTER  
SLOTH  
ACCEPTANCE

WILLPOWER  
ANGER  
EXTREMES  
WILLING