

VIRGINIA AA, DISTRICT 8, HAMPTON

July 2023

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step Seven : ***“ Humbly Asked Him to Remove Our shortcomings”.***

Step 7

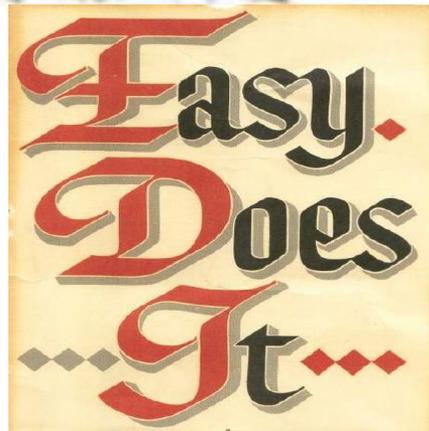
.BREAKING DOWN STEP SEVEN OF AA ALCOHOLICS ANONYMOUS

So here's the thing, quitting alcohol and drugs is a big change. I think you know this by now! Moving into step seven actually involves us in the personal change of actively letting go of our shortcomings, actions and feelings that are liabilities. This change requires effort and action.

Simply asking for your shortcomings to be removed does not automatically make them go away. It is up to you to be aware and make new choices. Many people in recovery find comfort that their higher power can and does remove their character defects shortcomings when asked.

While working on the previous six steps you've been stripping away age-old layers of denial, ego, self-centeredness and other liabilities that consumed you when you were active in your disease. When we arrive at step seven we are ready to stop thinking so much about what we are going to get in life and start looking at what and how we can contribute to others in the world.

In my experience my higher power has never left me empty handed; everything I have lost has been replaced with something better. I was asked to put down the drink and the drug because my higher power wanted me to pick up something greater. This is humility to me.



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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Navigating Step 7 in Alcoholics Anonymous

Completing Step 7 requires a willingness to transfer control from ourselves to our Higher Power. While working the steps we have learned to admit we needed God's help, to turn our lives over to God, to admit and list our defects of character, and to prepare ourselves in Step 6 to take this momentous leap in Step 7. So, with all this preparation, why is it so hard to ask our Higher Power for help? The answer lies in a single word: pride.

Overcoming our human pride is no easy feat. We are accustomed to striving for self-sufficiency, to feeling empowered and taking control of our lives—yet we learned the hard way that living a me-centered life can land us in a bad place. Sometimes, the best action to take when all efforts have failed is turning the reins over to God.

Asking our Higher Power to remove our character flaws is absolutely an act of faith. We realize we are not capable of doing the heavy lifting all by ourselves. We have come to believe—to have faith that our Higher Power is ready to step in and help tune up our character. Think of the Higher Power as a doctor who will surgically remove the cancerous tumor that threatens our life. We may know the tumor exists, but do not have the surgical skills to remove it ourselves... but our Higher Power does.

Still, in working Step 7, even while humbly asking our Higher Power to take control, we are tasked with being continually alert to, and to avoid, the sources of temptation that threaten sobriety and could set us back. This requires prayer and commitment.

Consider Ashley Alumni Coordinator Louis M.'s personal experience with Step 7:

“Step Seven for me was about adding to my daily prayers, humbly asking my Higher Power to remove my defects of character. My defects of character were very clearly laid out in my Fourth and Fifth Steps, with a little help from my sponsor. Step 7 started with an addition to my daily prayer about removing my shortcomings and using my defects of character for good, and then evolved into much more awareness of my actions and thoughts throughout the day.”

The 12-Step Program is a valuable recovery tool that walks us, one step at a time, through a life altering shift from egocentrism—being focused on ourselves—toward humility. As each step is mastered, we become closer and closer to living the A.A. slogan, “Let go and let God.” In completing Step 7 you take a giant leap forward on that journey.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

Fort Monroe Group Moving to First Christian Church 1458 Todds Lane Hampton Va starting June 13th Thursday. Check aahamptonva.org for details

Buckroe New Hope Group Picnic Saturday July 15th 11:00 to 2:00 at Fort Monroe Picnic Shelter across from RV Park

Delegates Report : Saturday July 29, Denbigh Presbyterian Church 302 Denbigh Blvd. doors open 1:00 Report 1:30 to 3:00

Seventh Step Prayer



My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding.”

NOT A GLUM LOT

Name: _____

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HUMILITY
HONEST
CHANGE
POWER

SHORTCOMING
REMOVED
PEACE

DEFECT
BEATEN
REMOVAL