

VIRGINIA AA, DISTRICT 8, HAMPTON

AUGUST 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



STEP 8 “Made a List of all People we had harmed ,and became willing to make Amends to them all.”

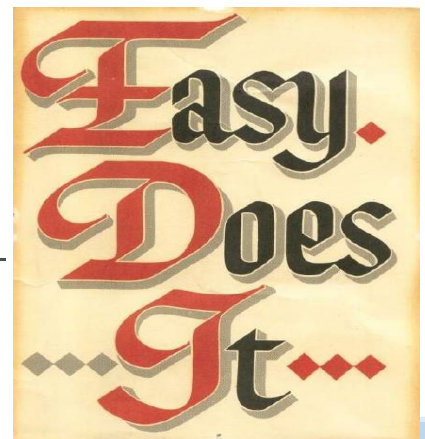
Step 8

Why Step 8 is Important:

As you embark on Step 8 of AA, you'll need to prepare for the pain associated with your fresh or old emotional wounds. This may feel like a purposeless conquest if you're convinced the damage can't be rectified. You need to reach deep down within yourself and apologize with genuine remorse.

If you're willing to put in the effort, you'll start to see the benefits of completing Step 8 of AA. The pain and guilt consuming you will start to melt away as you mend relationships and seek for-givingness for past actions.

The time it takes to complete AA Step 8 is dependent on you. Some members of AA procrastinate completing this step due to fear. You might be afraid to take responsibility for the harm caused to other people. You might also be afraid to forgive the people of your past who have caused you pain too. You'll want to get started on this step earlier because it paves the way for you to let go of resentment, blame, and self-pity. You'll remember all humans make mistakes, and then you'll be able to forgive your-self.



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 EIGHT: is the beginning of making amends, of healing the past with others. From the inventory of Step 4, I have a good starting place for making a list of people that I have harmed. I look over my personal inventory and possibly reflect on my life again. I make a list of the people that I have harmed. I can write down thoughts beside each name about what the appropriate amends might be. I then go through the list and make sure I am willing in my heart to make the amends .

Learning how to live in the greatest peace, partnership and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

Step Eight is a social housecleaning, just as Step Four was our personal housecleaning. In Step Eight we're setting out to clean up all the bruised relationships and the pockets of guilt, pain, fear, resentment, and sadness that are stored inside, stuck to our shameful past deeds. For this undealt-with material blocks us from loving other people, ourselves, and God in the present

AA History

History: 1948

AA Starts in Finland:

A few alcoholics join weekly meetings at the home of a couple employed by the Helsinki Welfare Office. Along with "Mom and Dad," as the leaders are called, they learn of Alcoholics Anonymous when "Maybe I Can Do It Too" appears in the Finnish edition of *Reader's Digest*. The group soon begins to adhere to the principles of both A.A. and the Sweden-born Links Society. In years hence, Finnish groups will become connected to A.A. The placard reads "First Things First."

UPCOMING EVENTS

MARK YOUR CALENDARS

Shoulder to Shoulder Meeting 15th Anniversary Saturday August 17, 2024 Starts 5:30 Dinner 6:00 and Speaker 7:00 at 111 Church Street Yorktown at Grace Episcopal Church

Buckroe Men's Group Work Shop start September 7th 9:00 til 10:30 will last til December, require a sponsor and literature. First United Methodist Church 1 Salt Pond Rd.

Wakefield Campfire Conference September 27-29 in Wakefield Va
Website wakefieldcampfireconference.com

Eighth Step Prayer



Higher Power,
I ask Your help in making my list
of all those I have harmed.
I will take responsibility for my
mistakes &
Be forgiving to others as You are
forgiving to me.
Grant me the willingness to
begin my restitution.
This I pray.

NOT A GLUM LOT

Name: _____

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