

VIRGINIA AA, DISTRICT 8, HAMPTON

August 2026

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 8 :

***“ Made a List of all Persons we had harmed ,
and became willing to make amends to
them all.”***

Step 8

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

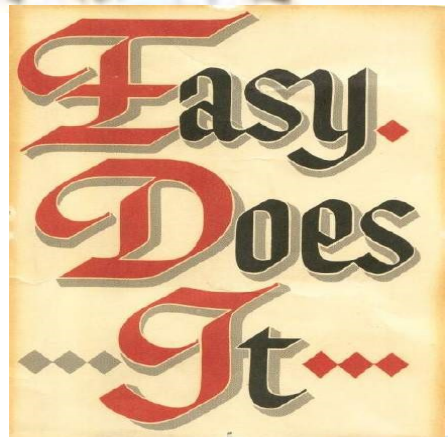
Webster's New International Dictionary defines it thus –“To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . .”

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

“ . . . to change or modify in any way for the better; to recover from illness.”

It was written for us!



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 8 of [Alcoholics Anonymous \(AA\)](#) is about the relationships in your life and repairing those that have been damaged by alcohol misuse. In Step 8 of AA, you make a list of the people you've wronged and become willing to make amends to them. This does not mean that you will make amends; only that you become *willing* to.¹

How Do You Complete Step 8 of Alcoholics Anonymous?

Completing step 8 requires a desire to improve your relationship with others. Step 8 is a process of accepting how you've hurt others and better understanding how they may feel.

- *Think about how many people you have hurt and how you've hurt them.*
- *Make a list of everyone you've harmed.*

Pay attention to what you discover about yourself and your problems along the way, and how your relationship is with yourself.

What Are Some Tips for Completing Step 8?

- Avoid minimizing your faults and failures by focusing on the faults of others.
- Realize that you hurt others as well as yourself with your drinking.
- Look beyond your obvious defects and do a thorough examination of your flaws.

Avoid judgments of others. Be objective when evaluating your defects as well as those of others.

What Are Some Myths About Step 8?

Your drinking hasn't harmed anyone but yourself.

People often think that if the damage isn't extreme and noticeable, then there isn't anything beneath the surface. This is a dangerous misconception and something AA calls "purposeful forgetting."¹ You can't get the most out of the 12 steps if you aren't willing to be vulnerable and incredibly honest—even if what you discover about yourself and others is painful to accept.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

Buckroe Big Bodacious Birthday Bash—August 7th—Doors open at 5, spaghetti dinner at 6—1 Salt Pont Road, Hampton

Eight Step Prayer

CONTACT INFORMATION

Peninsula Answering Service:

757-595 1212

District 8 Website: aahamptonva.org

District 12 Website: aanewportnewsva.org

Higher Power, I ask Your help in making my list of all those I have harmed. Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

NOT A GZUM LOT

Name: _____

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T J O M N T R W D M G W S F Q L K H R P
C U E B J V N K M M D X V L Q A R J Q K
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HUMBLE
HARMED
DAMAGE
REFLECTION

AMENDS
DIRECT
RELATIONS
ATTITUDE

FAULT
RESTITUTION
ISOLATION
ADMISSION