

VIRGINIA AA, DISTRICT 8, HAMPTON

October 2022

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 10:

“Continued to take personal inventory and when we were wrong promptly admitted it.”

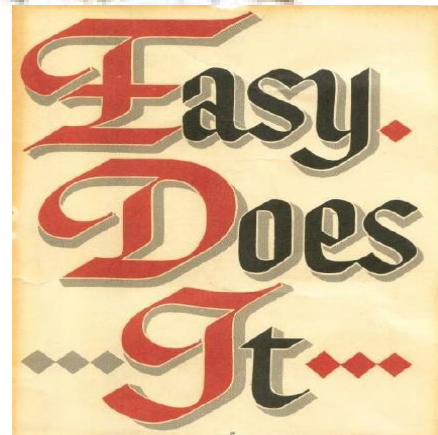
The 10th Step Interview

The concept of staying sober under all conditions no matter what seems like a basic concept but for an alcoholic like me it is probably the greatest challenge that I faced in early sobriety. I thought that conditions had to be perfect for me to stop drinking. I had to be happy with all aspects of my life, and anyone who did not support my happiness was working against my sobriety. Thankfully I had a sponsor who was not too concerned with my minute to minute happiness but was concerned with providing me with the guidance that I needed to get sober. I recently sat down with S, a member of AA with over 5 years of sobriety, to discuss step 10 and how it relates to the idea of: “not drinking no matter what”.

Me: What is your approach to step 10 in your daily life?

S: In early sobriety I kept a journal and sat down at the end of each day and did a mini inventory. I would check off whether I prayed AM and PM, if I had spoken with my sponsor, worked on something related to my sobriety (meeting, read, etc), and had I done something for “others”. I would also follow the Big Book instructions on page 84 that says; “Continue to watch for selfishness, dishonesty, resentment, and fear.” I would go through each one of these and write down anything that applied to me for that day. This was very helpful because it gave me specific things that I could go directly to my sponsor with. I have not been as consistent with this routine now that I have been sober for a few years, but when I get too far away from the routine I suffer the consequences.

(interview 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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Interview continued:

Me: Explain what you mean by “consequences”?

S: As it says in the twelve and twelve I begin to have spiritual hangovers. When I am not vigilant my old behaviors come back and people and situations begin to effect me the way that they did when I was drunk. This bothers me way more now because I don't have alcohol to distract me. The tool that I have today is 10th step and a sponsor to help me work out my role in the situation.

Me: How do you think step 10 helps you stay sober under all conditions no matter what?

S: If I am feeling unsettled, anxious, angry, sad or whatever the 10th step allows me the opportunity to take that hard look at myself to recognize what it is that I am doing to make my situation worse. This is where my sponsor and other alcoholics who are putting the steps into practice in their lives is essential. They can help me see what my role is in any situation, and they will recognize my rationalizations and motives even when I don't. I just have to be willing to and practice asking for help, especially when things are not going my way.

Breaking Down Step Ten of AA Alcoholics Anonymous

As it says in The Big Book, when we are disturbed, it is usually because we find some person, place, thing or situation – some fact in our lives – unacceptable. A typical response to disturbance is to blame our feelings and reactions on other people. Alcoholics and addicts have typically honed the skill of nursing resentments and finding fault into an art form! We tend to give other people control over our lives when we say that they “make us” angry, upset or afraid. The reality is that we usually say or do something that helps to create these conflicts in our lives. Step Ten of Alcoholics Anonymous suggests that its time we take responsibility for our actions and to promptly clean up our role in all matters. This requires being willing to release selfishness, dishonesty, resentment, or fear at the very moment that they occur. Step Ten of AA puts into practice the spiritual principles of vigilance, maintenance and perseverance.

Working on the Tenth Step of AA means continuing to do all of the things we have been doing for our recovery so far; continuing to be honest, having trust and faith, and paying attention to our actions and reactions. We have learned to pay attention to how our actions affect others, and when the effects are negative or harmful, promptly stepping forward and taking responsibility for the harm caused and trying to repair it. This is what it means to take personal inventory and promptly admit our wrongs.

The AA Alcoholics Anonymous program of recovery is based on spiritual principles and virtues. With Step Ten we focus on the principles of honesty, perseverance/self-discipline and integrity.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ **Ft. Monroe Group of AA** is restarting the BIG BOOK study on Thursday Nights 7:30-8:30 at LaCrosse Memorial Presbyterian Church 1518 N Mallory St, Hampton, VA 23664. Bring your Big Book.

**Big Book Topic Group—will host
Halloween Party Oct 22nd 8PM—
11PM. Wesley United Methodist
Church 2510 N Armistead Ave,
Hampton, VA 23666**

Tenth Step Prayer

~Tenth Step Prayer~

I pray I may continue:

To grow in understanding and effectiveness;

To take daily spot check inventories of myself;

To correct mistakes when I make them;

To take responsibility for my actions;

To be ever aware of my negative and self-defeat-
ing attitudes and
behaviors;

To keep my willfulness in check;

To always remember I need Your help;

To keep love and tolerance of others as my code;

And to continue in daily prayer how I can best
serve You, my Higher
Power.

Need An AA Service Opportunity?



The Gratitude Committee Needs Your Help!

Attend our next meetings:
Sept 26th, Oct 17th and Oct 24th
Emmanuel Episcopal @ 6:30 PM
(Red door)
179 E. Mercury Blvd Hampton

**If you have an event or an an-
nouncement 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 10 Word Search

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INVENTORY
PROMPTLY
APPRAISAL
PROGRESS

CONDITIONS
PERSONAL
DISTURBANCE
DAILY

EMOTIONAL
CONTINUED
ARGUMENT
RATIONALIZATION