

VIRGINIA AA, DISTRICT 8, HAMPTON

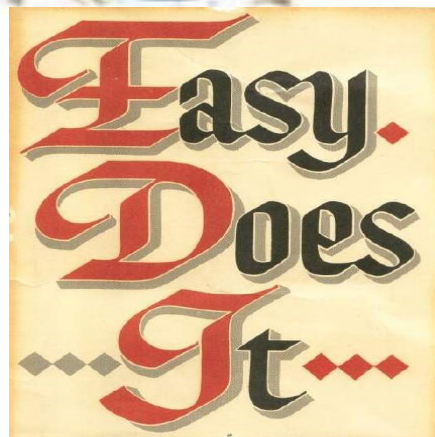
OCTOBER 2023

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.”***



Step 10

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The Tenth Step asks us to promptly admit “when we were wrong”. Part of this is recognizing that a character defect might be at play. Fear and self-reliance are common culprits. One aspect of this is when we actually do wrong towards someone else. My experience is that when I drank, I didn’t understand how my character defects were manifesting in my daily life. Now that I’m working the Steps, I often notice the part I’m playing, such as when fear creeps in, or when I’m being a jerk. Now I can immediately recognize, acknowledge and admit my wrong.

Sometimes we won’t realize that our character defects were at play until “after the fact”. This is why the Tenth step has us do an inventory. It doesn’t explicitly say to do this every day, so there is some leeway on how you actually do the Tenth Step. Personally, I’m striving to do this actively every day, at least until I’ve had a few years under my belt.

A daily inventory might be summarized as an analysis of your missteps and shortcomings for the day. I’m going to borrow some material from a mobile app called “Tenth Step”, because I think it does a good job of explaining what a Tenth step might be.

**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 TEN:

### Understanding AA Step 10

In step 10, personal inventory refers to emotional disturbances that can trigger a person to return to misusing drugs or alcohol. Watching for these disturbances on a daily basis—and taking a daily inventory—is an important part of recovery.

Step 10 helps to keep the spiritual house clean. We're all bound to make mistakes and errors, but owning up to those wrongs quickly settles the issue. Rather than having them weigh on our conscience or suffer greater consequences when they build up, we can correct the mistake nip the problem in the bud quickly, and move on.

### Benefits of Step 10

Step 10 is another process that seems difficult on the surface but is actually as much a benefit to us, who are admitting our wrong, as it is to the person we've wronged.

By quickly facing mistakes and taking responsibility for them, it prevents situations from festering into resentments and anger that can become real problems.

For example, suppose you say something super insensitive, and as soon as it pops out of your mouth, you realize it was the wrong thing to say to that person. As step 10 suggests, you apologize immediately and tell the person that you were wrong and you should never have said it. Then, you can walk away knowing you've done your part to make it right. If the other person wants to hold on to it and remain angry about it, it's their problem, not yours.

Here are some practical ways to apply the 10th step to daily life:

- **Admit when you're wrong.** The act of quickly trying to right a wrong can keep our mental house clean and prevent ego from getting in the way of step 10.
- **Take a daily inventory.** Set aside time each day to meditate and reflect on your day—both the good and bad parts. Here are a few questions we can consider asking ourselves:<sup>2</sup>
  1. *Was I dishonest or resentful?*
  2. *Did I say or do anything that would warrant an apology?*
  3. *Have I been worrying about yesterday or tomorrow?*
  4. *Did I allow myself to become obsessed about anything?*
  5. *Have I allowed myself to become too hungry, angry, lonely, or tired?*
  6. *Do I suffer from any physical, mental, or spiritual problems?*
  7. *What steps can I take to do better tomorrow?*

*What do I have to be grateful for today?*

# UPCOMING EVENTS

MARK YOUR CALENDARS

Buckroe Men's Group 29th Mens Workshop starts Sept. 30 , 2023 at 9:00 am to 10:15 at First United Methodist Church of Fox Hill 1 Salt Pond Rd. Will last 4 months

Bethany Group Celebrates 50 years with picnic and speaker on October 21, 2023 at 11:30 am with fellowship, Food at 12:00 and speaker 1:30

Speaker Elijah S. Location Bethany Church 1509 Todds Lane Hampton

District 8 Gratitude Dinner November 18, 2023 5:30 at Bethany UMC

1509 Todds Lane Hampton

## Tenth Step Prayer



I pray I may continue:

- To grow in understanding & 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 & Self-defeating attitudes & behaviors;
- To keep my willfulness in check;
- To always remember I need Your help;
- To keep love & tolerance of others as my code; &
- To continue in daily prayer how I can best serve You,  
My Higher Power.

# NOT A GLUM LOT

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

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INVENTORY  
OUTLOOK  
HARM  
NIGHTLY  
HUMILITY

PROMPTLY  
FEAR  
ADMITTED  
PRAYER

DAILY  
WRONG  
REVIEW  
WILLINGNESS