

VIRGINIA AA, DISTRICT 8, HAMPTON

OCTOBER 2024

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 .”

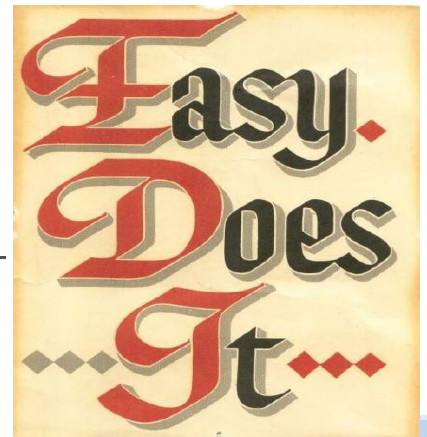
Step 10

Why Step 10 is Important:

The 10th Step in [Alcoholics Anonymous](#) involves self-reflection and a commitment to promptly admitting when one is wrong. Step 10 of AA encourages individuals to take a daily inventory of their behavior, admit any promptly wrongdoing, and continue personal and spiritual growth. This step aims to maintain emotional sobriety and prevent the accumulation of resentments and unresolved issues.

Up to this point in your recovery, [Steps one](#) through nine have taught you to see the truth about your behavior and how the rest of the world responds to your actions. With this awareness you can now clearly see what is going on during every moment of your day. The purpose of AA's tenth Step is to demonstrate to yourself that you can control your actions. You are no longer functioning like a robot under the weight of old habits or while not thinking about what you are doing.

Step 10 isn't always easy to define or understand. Of course, you are aware of your actions, but are you taking inventory and admitting when you're wrong or when you've done wrong? This personal responsibility [is critical to successful recovery from alcohol addiction](#). An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.



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: begins laying the foundation for the rest of my life. It is a pledge to continually monitor my life with honesty and humility. It requires me to be vigilant against my addictive behavior and against the triggers for my addictive behavior. It requires me to be humble before my God who can keep me from my addictive behavior if I have the right attitude. It requires me to deal with my defects promptly when they arise and not to let them linger in my life.

The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has been groomed, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than unusual or set apart.

Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process...

Our daily inventory certainly needs to assess the status of our relationship with God. Are we still yielding our will to Him? Bill Wilson emphasized how crucial this evaluation is, especially for addictive personalities, which tend to be willful. Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11.

AA History

1958

In late April 1958, the first conference for A.A.'s younger members (then defined as those under age 40) is held at Hotel Niagara in Niagara Falls, New York. "The A.A. Exchange Bulletin" (the precursor to the newsletter Box 4-5-9) reports that the purpose of the International Conference of Young People in A.A. (ICYPAA) is "to provide delegates with a thorough run-down of the application of our A.A. program to the individual difficulties encountered by young people in dealing not only with alcoholism but also with the other problems peculiar to their generation." ICYPAA is held annually.

UPCOMING EVENTS

MARK YOUR CALENDARS

District 8 Dance “Dancing Thru the Ages” October 19th at St Marks 99 E. Mercury Blvd speaker at 7:00 and dance 8:00 10\$ donation suggested.

District 8 Gratitude Dinner November 9 at St Marks 99 e Mercury Blvd
Doors Open 5:00 Dinner 6:00 and speaker 7:00

StoneyBrook 2nd annual Holiday Celebration Bash October 26 at 1:00 to 4:00 pm St Georges Episcopal Church 15446 Warwick blvd eating 1:15, Speaker 2:00

District 8 Gratitude Dinner November 9 at St Marks Saturday 99 e Mercury Blvd doors open 5:00, Dinner 6:00 Speaker 7:00 pm

10th Step Prayer



God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.

NOT A GLUM LOT

Name: _____

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INVENTORY
ERROR
SPOTCHECK
DELAY
DEMANDS

PROMPTLY
ADMIT
PROBLEM
SPIRITUAL

MISTAKE
CONTINUE
JUSTIFIED
BALANCE