

VIRGINIA AA, DISTRICT 8, HAMPTON

November 2021

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 11:

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

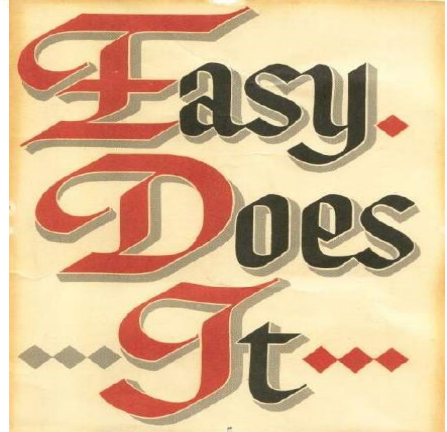
My thoughts on the 11th Step

Step 11 was a big problem for me. I was not raised in a religious home and had no experience with prayer, and meditation was a complete non-starter. I created my own narrow minded and false reality of what prayer and meditation were. Appendix II of the Big Book of Alcoholics Anonymous states:

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.”

I had lived by the principle of *contempt prior* to investigation throughout my time as an active alcoholic. Completing steps 1 through 10 with my sponsor allowed me to say, “I don’t live like that anymore” about many things in my life. None more important than my old ideas about prayer and meditation. I was ready for a new approach. Today, meditation requires me to set aside time to be quiet. No interruptions just complete silence. I try to practice these periods of quiet daily. As for prayer, I have a conversation with God that focuses on the things that I am thankful for, and guidance on how He would have me be of service to others. It turns out that I am thankful for a lot and God finds use for me in ways that I never dreamed of.

Chris O.



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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Perspectives on Step 11

By Dominica A.

As I approached the last two steps, I realized that my relationship with my Higher Power had grown strong as I worked the previous steps. I felt more awake. Aware. Conscious. Life was making more sense to me, and I could see the bigger picture.

So when Step 11 came around, it wasn't difficult for me to improve my conscious contact with my Higher Power through meditation and prayer.

While in active addiction, my prayer life became virtually nil. Other than an occasional "God, please help me," I didn't pursue any type of spiritual path. But when I finally succumbed to asking for help, I began an inner spiritual quest for truth, peace, love, and joy. Somehow I just knew that I could experience those things if I consciously walked a spiritual path.

Spiritual Journeys Differ

What works for me spiritually may not work for others, and that's all right. To me, there's no right or wrong; it's about experience.

I developed a daily spiritual practice that was working for me. In Step 11, I took the opportunity to deepen my conscious contact through meditation and prayer. I wanted to put my faith in something greater than myself. I wanted to grow my relationship with my Higher Power and myself. I'd felt alone quite enough in my life. A Higher Power meant that I never had to feel alone again.

I adopted a meditation practice to gain some control over my thought life and journey deep inside myself. I began talking to my Higher Power and getting out into nature to experience a great peace and joy. I read books and listened to audios that encouraged my spiritual journey. All of these things help me stay centered and lead me to walk a path that not only improves my life experience, but others' experience as well.

I'm a firm believer that my emotional breakdown due to my addictions was really just the platform for my spiritual awakening. My perspective on life changed and continues to change. I don't sweat the small stuff much anymore. I look at the bigger picture and my larger purpose in life.

Whether you believe in a Higher Power or not, we can probably all agree that Love is the highest power around. In Step 11, even an atheist could get in better contact with Love, embrace Love, and let that Love ooze out into humanity.

After all, I feel like that's really what we all want deep down: unconditional Love from others and ourselves.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ **Schwarzpster's Bonfire Meeting** : Sunday - Friday meetings are 8:00pm. This changes to **7:00pm during Daylight Savings Time**.
- ♦ **Quittin Time Group's Closed Big Book Meeting is back!!!!!!! Thursdays 6 PM at St Mark's United Methodist Church**
- ♦ **Come out and support As Bill Sees it Meeting of AA: Mondays at 7:30 PM at Emmanuel Episcopal Church 179 E. Mercury Blvd. Hampton, VA 23669**
- ♦ Buckroe Men's Group (Buckoe Group) is hosting a Zoom meeting **open to all** on Monday and Thursday at 7PM

**Gratitude Dinner
Saturday November 13**

Doors open 5pm

Dinner 6pm

Speaker at 7:30pm

50/50 Raffle

Gift Basket Raffle

1509 Todds Lane

Hampton, VA 23666

11th Step Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.



NOT A GLUM LOT

Name: _____

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Step 11 Word Search

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PRAYER
CONSCIOUS
POWER
EXPERIENCE

MEDITATION
CONTACT
CONNECTION
IMAGINATION

UNDERSTANDING
KNOWLEDGE
HARMONY
ELEVEN