

VIRGINIA AA, DISTRICT 8, HAMPTON

NOVEMBER 2023

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.”***

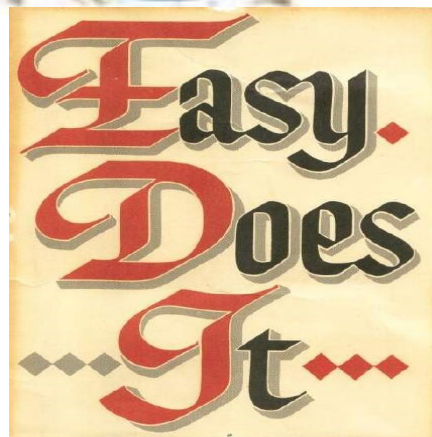
Step 11

## Why Step 11 Is Important for Recovery

As members accept the "[serenity](#)" principle that "Nothing, absolutely nothing happens in God's world by mistake," there is an acknowledgment of a higher power and the belief that there is a plan for their lives. Through prayer and meditation, members can attempt to raise their consciousness of that power and draw on it to continue their personal journey of recovery.

Even if you're an atheist, you can pray or [meditate](#) by being still, quiet, stopping, reflecting, and listening to your thoughts. You can plan your day in an orderly way. Ask yourself or a higher power for the right answers to get you through the day.

Step 11 helps guide members in moments of confusion or imbalance, teaching them to stop and ask themselves or their higher power for the right way to proceed. For many, this exercise is self-reflection; for others, it is asking God for guidance. The end result usually turns out the same.



### 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 Eleven:

Step 11 of AA is meant to deepen your spiritual foundation by establishing a daily practice of prayer, meditation, or other [connection to your Higher Power](#). It's also a reminder of your commitment to turning your life and will over to that larger governing force.

One of the biggest tenets of Alcoholics Anonymous' ethos is that your connection to your spiritual guide is what will keep you strong in your sobriety. As the [Big Book states](#), "There is a direct linkage among self-examination, meditation, and prayer... when they are logically related and interwoven, the result is an unshakeable foundation for life."

AA Step 11 formalizes the routine of making conscious contact with your higher power through a practice of your choice. For many, this is daily prayer and communication

with the power you've identified as greater than yourself. The act of routinely checking in with God as you understand Him keeps you rooted in the process of honesty, humility, and acceptance that you've established throughout the 12-step journey. Yet, there's more to AA Step 11 than just meditation or prayer. It's also another siren call for humility. Often, prayer can be a very selfish endeavor—we pray for things that we want or situations to go our way. Even when we pray for the benefit or health of others, we're still asking God to bend His will to our own.

Step 11 ensures that we're not putting our egos at the forefront of our spiritual relationship. Instead, all we ask is for the awareness to recognize our higher power's will for us and the strength to listen and act accordingly. Just as we exhibited the humility to admit our wrongdoings, we must again have the grace to set aside our own

wants for our greater spiritual good.

There's a good chance you already began praying or meditating at the beginning of your [12-step journey](#). But it's easy for this practice to slip from day to day or even fall off entirely as life gets in the way. Step 11's placement near the end of the 12 Steps of AA is a reminder to consistently come back to your spiritual practice, especially if it's fallen by the wayside. You may find that your daily conversations with God or your higher power are what help keep you moving forward through your sober life.

Like any spiritual practice, working Step 11 of Alcoholics Anonymous will be intensely personal to you and reflect your relationship with your higher power. Many members choose to practice Step 11 by participating in traditional expressions of prayer, be that a vocal or mental communication with your higher power.

Not everyone engages in traditional prayer, though, which is why Step 11 also centers on meditation. Meditation can be an excellent bridge as something more terrestrial rather than a God-like figure. Connecting with your inner voice and creating a quiet space in your mind for reflection is a powerful way to look internally and be open to where your higher power is guiding you.

# UPCOMING EVENTS

MARK YOUR CALENDARS

District 8 Gratitude Dinner November 18, 2023 5:30 at Bethany UMC  
1509 Todds Lane Hampton

District 8 Elections are being held for District 8 committee officers

St Pauls Easy Does It Group Holiday Dinner December 3, 2023 Doors  
open 5:00 , dinner 6:00 and Speaker at 7:00 807 W. Mercury Blvd Hamp-  
ton Va

Holiday Breakfast Speaker Meeting Dec. 9, 2023 at Denbigh Presbyterian  
Church 302 Denbigh Blvd Newport News Va Doors open 9:00, Breakfast  
9:30 Speakers 10:30

## Eleventh 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. Amen

# NOT A GLUM LOT

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

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PRAYER  
KNOWLEDGE  
REGULAR  
PAUSE

GOD  
WILL  
DAILY  
DILEMMA

IMPROVE  
MEDITATION  
HELPED  
RELAX