

VIRGINIA AA, DISTRICT 8, HAMPTON

NOVEMBER 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



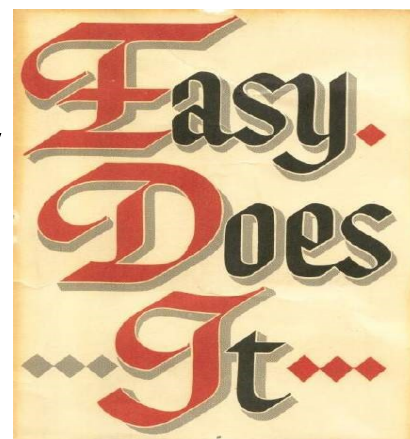
STEP 11 “ Sought though prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out”.

Step 11

A person facing the 11th Step of AA may not understand what it means, how to apply it in their life, or may have shunned religion and spirituality altogether. However, if you want to progress to the final step, then you must integrate Step 11 of AA in your life. Here are some tips to complete step 11.

When people are presented with the term “God”, many immediately associate it with the deity of the dominant religion in their society. In Northern America, this would be the Judeo-Christian god. However, “God” is a neutral term, and it is best not to get caught up in how other people choose to define it. In the 11th Step of AA, focus on connecting to what you understand to be God, whether that is Vishnu, Yahweh, Allah, the Great Spirit, or something else.

It is generally accepted that prayer means getting on your knees and speaking to your Higher Power. If that is what prayer means to you and you are comfortable with that, then pray in that manner. Don't feel bad, though, if it doesn't. The content of your prayers is more important than how you say them. In Step 11 of AA, speak to your Higher Power as though you were talking to another person. Tell Him or Her about what is troubling you, ask for guidance, and express gratitude for the assistance you have received in your life.



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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Exploring spirituality in the [11th Step](#) of AA Alcoholics anonymous can be a wonderful and illuminating experience. We now have a solid frame of reference built by the previous Ten Steps of AA. Our recovery has helped us to stay sober one day at a time, and has allowed us to expand our capacity for new information about ourselves, and the world around us. This open mindedness is one of the greatest things about AA. In AA the concept of a “higher power” and “God as we understand him” really affords every single person, from every walk of life, an unlimited choice of spiritual beliefs and actions.

In recovery we find that spirituality really is constantly developing and changing just like us. New situations and new people all have an effect on us and our spirituality needs to grow along those lines. The Step 11 task at hand is therefore finding ways to improve conscious contact and connection with the “God” of our own understanding. We already have a conscious awareness of a “higher power” working in our lives, which we began to develop in Step Two. Working on Step Three we learned to trust that higher power for guidance. In the process of working through all of the steps so far, we were improving our relationship with the higher power.

While working on the 11th step we come to realize that reaching out to a God of our understanding is also simply known as *prayer* and *meditation*, which can be one of the most effective means for building a relationship with our higher power.

When we first came to Alcoholics Anonymous most of us realized pretty darn quickly that we needed to change our relationship with the word and concept of “God”. Its more than likely that while using our drug of choice we didn’t understand- or care to understand- anything about a higher power and likely had some very unhealthy ideas about it...unless it was to make a brazen demand along the lines of “Do this for me now and I won’t use again.”

AA History

The Fellowship’s message will spread north when Rev. Dr. George Little, a Toronto United Church minister who is also active in the temperance movement, learns of the Big Book in 1940, orders a few copies, and gives two to a small group of alcoholics who have been gathering for mutual support. Led by Tom E., the men will become Canada’s first A.A. group as they begin to hold meetings in a room above Toronto’s Little Denmark Tavern in 1943.

A.A. spreads beyond Ohio, with groups beginning to meet in cities as large as Chicago and New Orleans and Houston. Alcoholics in Topeka, Fort Worth, Tucson, Omaha, and Honolulu also “join the club,” as do those in smaller towns in the Midwest and West.

UPCOMING EVENTS

MARK YOUR CALENDARS

Christmas Day of Fellowship Shoulder to Shoulder Chili and Cornbread, Bring sides. December 25th, door open at 12:00 , meetings at 1:00, 3:00, 5:00 and 7:00 pm Grace Episcopal Church 111 Church str Yorktown

Quitting Time Christmas Day Meetings 10:00 til 11:00 am , and 5:00 til 6:00 pm 99 E Mercury Blvd Hampton Va

11 th Step Prayer



Higher Power, as I understand You,
I pray to keep my connection with
You
Open & clear from the confusion of
daily life.
Through my prayers & meditation I
ask especially for
Freedom from self-will, rationaliza-
tion, & wishful thinking.
I pray for the guidance of correct
thought & positive action.
Your will Higher Power, not mine,
be done.

NOT A GLUM LOT

Name: _____

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S O T B V G L M Z C X H V K M R G R E I
J C N Z Y A K C A B O F T C M O K O L X
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PRAYER
IMPROVE
CONNECTION
CONTACT
KNOWLEDGE

MEDITATE
AGNOSTIC
REALITY
PONDER

CONSCIOUS
RELIEF
ASPIRATION
ANSWERS