

VIRGINIA AA, DISTRICT 8, HAMPTON

December 2021

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



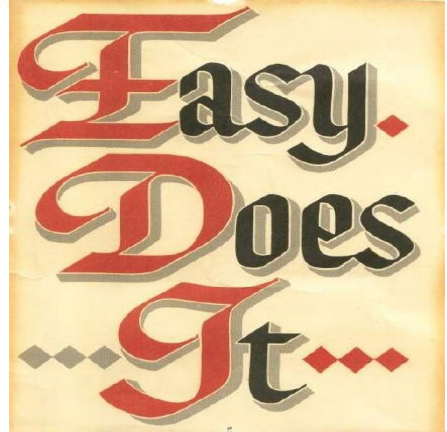
Step 12:

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.”

My thoughts on the 12th Step

Having completed steps one through eleven, I was fearful of “finishing” the steps. After I completed the twelfth step, to the satisfaction of my sponsor, what would I do next. I was a member of a home group, which I was opening and making coffee three days a week. I had begun to share consistently at meetings, as I had been told to do by my sponsor. I genuinely felt that I was carrying the message to other alcoholics to the very best of my abilities. Looking back I realize now that my fears were a result of the warning outlined in the Big Book of Alcoholics Anonymous: ***“For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die.”*** My prior failures at sobriety were weighing heavily on my mind: Had I changed? Did I have a relationship with God? Had I developed a spiritual way of living? The answer came the first time that I was asked by another alcoholic to be his sponsor. The fears and uncertainties were still there, but I just said yes. I spoke with my sponsor for guidance on what to do. He assured me that if I prayed and did the best I could do, and asked for help when needed everything would be ok. Despite all of my fear experience was beginning to demonstrate how faith along with work for others could free me from the limits that these fears had placed on my life. Now I understand that I just have to share my experience with another alcoholic, in much the same way that it had been shared with me, and the rest would work itself out. Practicing step twelve on a daily basis helps me keep my self centeredness out of the way and provides me a path to spiritual growth.

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 12

By Dominica A.

By the time I got to Step 12, I had a pretty good feeling about how far I'd come and how much I'd grown. I was no longer allowing addiction to control my life. I had stepped it up and taken responsibility for my emotions, thoughts, and behaviors. Having experienced a gradual spiritual awakening, I automatically began carrying the message of freedom and love to others caught up in addiction.

For me, Step 12 is about service. It's about giving back to others what the 12-step program gave me: Hope.

A Beautiful Transformation

I liken the 12-step process to a caterpillar transforming into a beautiful butterfly. Like a caterpillar trapped in its little cocoon, I certainly felt trapped at times during my recovery. In fact, sometimes I grew impatient and sometimes I relapsed, but I kept going. Kept hoping. Kept believing that I could create an amazing life.

Eventually, I feel as if I did transform into a beautiful butterfly. I experienced a rebirth, awakened to the fact that I am a beautiful soul on this journey called life.

When I put down the booze and stopped looking to people to fill the void within, I began a journey toward self-love. This inner journey led me to go through the 12 steps with a sponsor and helped heal some wounds. I climbed out of the darkness. My eyes awakened to the fact that I am worthy of all good things.

Feelings of emptiness waned. Becoming more conscious of my Higher Power and developing healthy friendships helped me become more confident, patient, loving, and giving.

Giving Back

Yes, Step 12 helps me remember to give back and lavish love on those who may not feel so lovable. To the lonely. The desolate. Those lost in the sea of addiction and who have no idea how to swim to shore.

As recovering alcoholics or addicts, we have a great message of hope to those still caught in the grip of addiction. More than 18 million alcoholics in the U.S. alone could use a glimmer of hope, so the more people willing to go the extra mile, the better.

One reason I like 12-step meetings is because we have the opportunity to meet those struggling with addiction, offering them hope and unconditional love.

My advice when approaching Step 12 is to offer some gratitude for your ongoing transformation. I dare say that by now you've probably grown a good bit. Now, open your heart to take the message of hope to others.

If you're shy, no worries. Your Higher Power will guide you when it comes to shining your light in the darkness. Consider sharing your experience, strength, and hope in a recovery forum!

Keep in mind that working Step 12 does not mean your journey is over. There's always more to learn and more opportunity for growth.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ♦ 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
- ♦ Come out and support Saturday Morning Early Birds Group: Saturdays at 8:00 AM at Emmanuel Episcopal Church 179 E. Mercury Blvd. Hampton, VA 23669
- ♦ Quittin Time Group's Closed Big Book Meeting is back!!!!!!! Thursdays 6 PM at St Mark's United Methodist Church
- ♦ Buckroe Men's Group (Buckoe Group) is hosting a Zoom meeting open to all on

12th Step Prayer

Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill.



Happy Holidays

NOT A GLUM LOT

Name: _____

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Step 12 Word Search

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FAITH
TWELVE
SATISFACTION
SUSTAIN

OTHERS
SPIRITUAL
COMMUNITY
SERVICE

SPONSOR
AWAKENING
AFFAIRS
SERENITY