

VIRGINIA AA, DISTRICT 8, HAMPTON

DECEMBER 2023

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.”***

Step 11

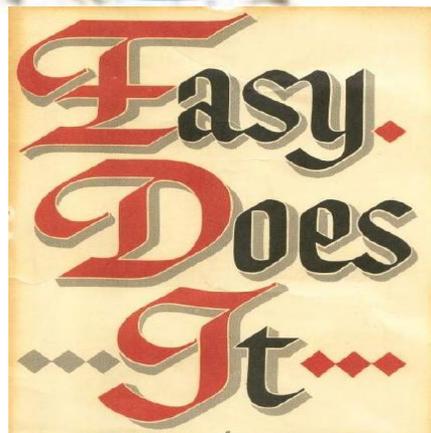
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## Why Step 12 Is Important for Recovery

### Benefits of Step 12 of AA

Working with others as part of Step 12 helps you keep your own sobriety in check. According to [The Big Book](#), “Nothing will so much ensure immunity from drinking as intensive work with other alcoholics.”

Connecting with other alcoholics, especially those in the early stages of their recovery, serves to remind you of your own struggle with addiction and why you've worked so hard to get sober. This is also a way to practice [Step 10 of AA](#), which calls you to make a continued personal inventory of your emotions and actions. [Tradition 5](#) of the [12 Steps and 12 Traditions](#) puts this concept even more simply: To keep it, we have to give it



#### 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 Twelve:

There are three distinct aspects to AA's Step 12.

### Spiritual Awakening

The first is recognizing that the previous 11 steps have resulted in what AA calls a "spiritual awakening." All of the work you've done—admitting your disease, surrendering your will to a [higher power](#), making amends, and establishing continuous self-awareness and conscious spiritual contact—has created a huge psychological shift in you, one that you may not even realize has occurred.

That's because this major change has happened gradually, through small changes you've made in your habits and thinking over the course of your journey. Step 12 of AA calls your attention to this new mindset—after all, it's something you should be deeply proud of and grateful for.

Next, you're called to support other alcoholics (or anyone suffering through addiction) by carrying the lessons and principles you've learned through your own path to sobriety to others who need help. You have now become that source of empathy and experience that was so vital to your own recovery, and you have the opportunity to pay it forward.

This is best done by simply sharing your own story when asked, offering support without judgment, and keep an open the door to any who seek it.

Lastly, AA Step 12 reminds you that this process is truly a lifelong endeavor. The principles you've learned and practiced throughout the 12 Steps of AA—acceptance, honesty, humility, and self-awareness, among others—are now part of a long-term sober lifestyle.

These principles, combined with your new state of consciousness, comprise a toolset from which you can draw on daily to lead a peaceful, honest, and fulfilling life of service. Step 12 of AA will never be truly complete, which is what makes it so powerful and rewarding.

**AA History:** December 11, 1934 is regarded as Bill Wilson's Sobriety date. Bill entered Town's hospital for the 4th and last time after being visited by Ebby Thacher around Thanksgiving 1934 and then Bill continued to drink and after arriving drunk at the Calvary Mission and was admitted once again to Detox and was discharged on December 8, 1934 and then started attending Oxford Group Meetings at the Calvary Mission, initiating the first 12 step calls around the Bowery section of New York.

# UPCOMING EVENTS

MARK YOUR CALENDARS

Day of Fellowship December 25th at Shoulder to Shoulder meeting 111 Church Str. York Town Va , Meetings at 1:00, 3:00, 5:00, and 7:00

Chili and cornbread, Bring side dishes

Oceanfront Conference February 16-18 2024 at Wyndham Hotel 5700 Atlantic Ave Va Beach Va 30.00\$ Registration Holiday Buffet Christmas day dec. 25 at St. Pauls Episcopal Church 221 34th Str Newport News Va 12:00 to 2:00

## Twelfth Step Prayer



Dear God,  
My spiritual awakening continues to unfold.  
The help I have received I shall pass on & give  
to others,  
Both in & out of the Fellowship.  
For this opportunity I am grateful.  
I pray most humbly to continue walking day by  
day  
On the road of spiritual progress.  
I pray for the inner strength & wisdom  
To practice the principles of this way of life in  
all I do & say.  
I need You, my friends, & the program every  
hour of every day.  
This is a better way to live.

# NOT A GLUM LOT

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

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F T V J Y A Z E Y U A G I N Q E I M L J  
T S Q G U G Q P G Y E J V G J W A X S X  
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B P N H L L J L Q Z U S R E G B R L I K  
A S N T U H U V G J T O D O M Y D N Q J  
W P C P V S A S X O M S R Z S O N A E H  
A I P C E U H G I F H P V X J P C C V M  
F R O R C P K W U W C E L Y T E E W O M  
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C U F H C P C P R A C T I C E A S F O U  
C A W A K E N I N G I O W S U A M W U K  
B L B A H Q B B P H F C B T G P X O N C  
Z F Z A D K Z L T L D P A E A Z Z Z G M  
B K P S T O C Z G L E U Q P S C S X W Z  
S C K U F S T L J N F A C Y W R T M Z R  
K T V Y P F V C V I H O K E E E C I H Y  
E G R C N C C C N R E C O V E R U N O H  
W G Q V S J C L K F M C L J W Z U L H N  
B G Y V Q S P V M M X C L O P Z R W P I

AWAKENING  
NEWCOMER  
STEP  
PROGRAM

SPIRITUAL  
PRINCIPLE  
PRACTICE  
ACTION

MESSAGE  
RESULT  
PROSPECT  
RECOVER