

VIRGINIA AA, DISTRICT 8, HAMPTON

DECEMBER 2024

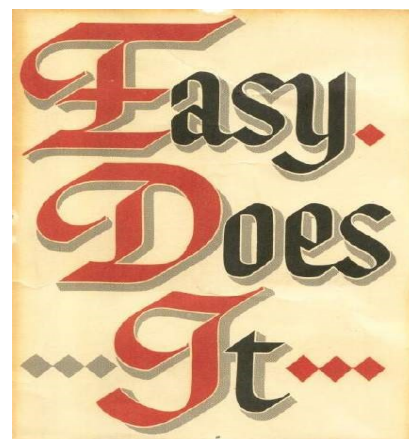
DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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 principals in all our affairs .”

Step 12



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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The concept of “spiritual awakening” has many meanings. Keeping it simple, a spiritual awakening is really just a psychic change that, among other things, eliminates our obsession to drink. For some it can be quite a powerful and immediate experience, for others it is an ongoing co-current part of working the 12 steps.

The co-founder of AA, Bill W. mentions in his autobiography that for him it was a sudden, strong “white light” and life-changing event: “I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, ‘You are a free man.’”

It gives me chills every time I read that, because after that moment, Bill never took another drink. Thanks to him there are many more free men and women today. For most of us, the “aha” moments, that may not be a white light, are regular events and part of the spiritual awakening that happens over time in a subtle and gradual way.

I am responsible when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

The second part of the 12th step is about carrying the message of recovery to other people. This is not because AA is a cult, it’s because “we keep what we have by giving it away.” To keep it simple, when we work with others, our lives change. So, we don’t help another alcoholic because they’re sick—we help another alcoholic because we are sick, and part of our recovery is that we need to be helping others

Step 12:

Unpacking the 12th Step

In [Al-Anon](#), the 12th step reads, "try to carry the message to others," and in [Alcoholics Anonymous](#), it says "to alcoholics." But the principle is the same. In order to work all 12 of the steps, we must try to help others.

Carrying the message to others by sharing experience, strength, and hope reinforces the spiritual principle of the 12 steps in the person being 12th-stepped as well as the one doing the sharing.

But step 12 also calls for members to put the spiritual growth they have found to work—not only within the fellowship but in all aspects of their lives. It requires practicing these principles in all our affairs. This, too, is doing the 12th step "work" and makes the program work as one of attraction and not promotion.

Step 12 allows people who have worked the program to work with others who are still struggling, which benefits both the person in recovery as well as those who are still going through the program. Being of service to others can:

- Remind us of the early days of recovery (and why we've worked so hard to move past that phase)
- Keep us accountable and prevent us from becoming complacent in our recovery
- Give us a sense of purpose
- Enhance our fellowship with others
- Inspire someone else to stay on the sober path
- Help provide insight to someone else in recovery

Allow us to become a trustworthy person for someone in recovery

AA History

BOX 459 OPENS TO RECEIVE MAIL

1944

“About Your Central Office,” a bulletin distributed to A.A. groups by the Alcoholic Foundation, announces “As of May 1, 1944, our new address will be P.O. Box 459, Grand Central Station.” Box 459 will become both the post office address and symbolic address of Alcoholics Anonymous. In its early days A.A. is an organization that must rely heavily on communication by mail.

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

St Pauls Easy Does it Annual Winter Holiday Dinner and Speaker Sunday January 12th 2025 807 W Mercury Blvd Hampton Va Doors open 5:30 dinner at 6:00 , Speaker at 7:30

12 th Step Prayer



Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on and
give to others,
Both in and 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 and wisdom
To practice the principles of this way of life in
all I do and say.
I need You, my friends, and the pro-
gram every hour of every day.
This is a better way to live.

NOT A GLUM LOT

Name: _____

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Z O A W B K O M R O N I E G K J H M W M
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SPIRITUAL
PRINCIPLE
POSSIBLE
RECEIVE
ATTITUDE

MESSAGE
AFFAIRS
REASSEMBLED
TRANSFORM

NEWCOMER
REPRIEVE
AWAKENING
OUTLOOK