

VA Area District Representative Report

District Name and Number: New River Valley, District 13

DR Name and email: Samantha H (downey.samantha@gmail.com)

Informational Items:

- Speaker meetings hosted by several groups
- Joint AA- Al Anon speaker event (extended invitations to nearby districts). Strong, positive attendance.
- Strong attendance with representatives from each group at quarterly, in person district meetings
- Revamped the meeting location/information pamphlet for community distribution
- Continuous updates of the website
- Blacksburg AFG decided to make the 12 steps gender-neutral for the opening meeting information. Copying below to relay that no content has been changed. Many groups are interested in this update.
- Challenge was low attendance at a new meeting in a rural location.
- Ongoing discussion about keeping the focus on us to avoid breaking anonymity of the alcoholic.

The Twelve Steps

It is the tradition of this group to take turns reading the Twelve Steps. If you prefer not to read, please feel free to say pass.

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood God*.
4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood God*, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.