

VIRGINIA AA, DISTRICT 8, HAMPTON

MARCH 2024

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 3 :

“ Made a decision to turn our will and our lives over the care of GOD as *we understood Him .”*

Step 3

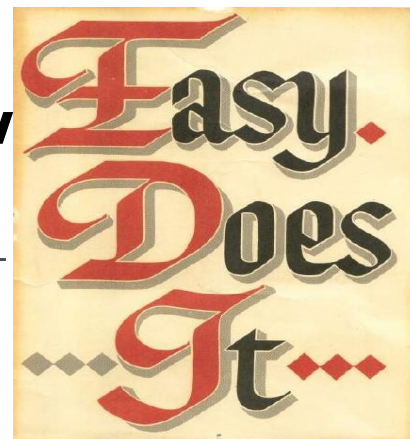
Why Step 3 is Important:

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity. What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind. For some people a three-letter word can be even worse than a four-letter word.

Time and time again, the word “God” being used in AA literature and meetings will freak out newcomers. Upon closer inspection however, and much to all of our relief, you don't have to consider anyone else's conception of “God” but instead can rely on and create your own idea of who God is for yourself.

In fact, about half the original members of AA considered themselves atheists or agnostics before they began the Twelve Step program of AA. In AA we have the freedom to choose our own concept, lay aside any prejudice and have the willingness to seek a “Power greater than ourselves.” You can call that Higher Power God, Creative Force, a Oneness in the Universe, whatever you want.



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 Three:

Step 3 is where I decide to trust God with my recovery. I have admitted my powerlessness to overcome my addictive behaviors on my own. I have realized that there is a Higher Power that can deliver me from the insanity of my addiction. Now I am ready to make the step of giving these matters over to this Higher Power, to God as I understand God. I trust that God can restore me to a right mind, a sane mind that leads me to sane and healthy behavior and a life filled with greater serenity, personal power and even joy. I let God be the over-all manager of my life. I "let go and let God".

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God - or, if you like a Higher Power - into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and how earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God *as we understood Him*".

We found that all we needed to do was to try. When we gave our best effort to the Program, it worked for us as it has worked for countless others. The Third Step does not say, "We turned our will and our lives over to the care of God". It says, "We made a decision to turn our will and our lives over to the care of God as we understood Him". We made the decision; it was not made for us by the drugs, our families, a probation officer, judge, therapist or doctor. We made it. For the first time since that first high, we have made a decision for ourselves.

A common recovery phrase used in Twelve Step groups is "Turn it over." For the recovering person, that means turning over to God's care not only the major, conspicuous addictions like alcoholism. It means turning over every aspect of life, even the small frustration involved in handling children or trying to make a faulty appliance work or dealing with congested freeway traffic. In the face of these irritations, the recovering person will say time and time again, "Turn it over; turn it over; turn it over." ...

AA History:

A LIFT FROM LIBERTY

1939

Seeking publicity for A.A., Charles Towns recounts its history to writer Morris Markey, who will submit the article "Alcoholics and God" (a title with which Bill isn't comfortable) to Fulton Oursler, editor of the popular weekly *Liberty*. After the article's publication on September 30, 1939, sales of the Big Book increase by several hundred copies. The Newark office receives 800 pleas for help from alcoholics and their loved ones.

UPCOMING EVENTS

MARK YOUR CALENDARS

AA Phone Hotline Workshop by District 8 and 12 on March 23 12:00 to 2:00 pm at Bethany United Methodist Church 1509 Todd's Lane Hampton Va

Buckroe Big Bodacious Birthday Bash Friday March 22, 2024 at Fox Hill First UMC 1 Salt Pond Rd Hampton

Doors Open 5:00 , Spaghetti Dinner 5:30 and meeting 6:30

Buckroe Mens Group 12 Step Work shop starts 9:00 to 10:30 March 23rd 2024, Fox Hill First UMC 1 Salt Ponds Rd , Need sponsor and AA Books

THIRD Step Prayer



God, I offer myself to Thee To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always! Amen

NOT A GLUM LOT

Name: _____

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