



SOBRIETY STAR



MARCH 2025



STEP THREE

"Made a decision to turn our will and our lives over to the care of God as we understood him"

The third step of AA's 12-step journey introduces the process of surrendering control over your addiction to a power greater than yourself.

Like the two previous steps, AA's Step 3 is meant to help alcoholics realize they don't have control over their drinking. What makes Step 3 unique, though, is it requires a decisive commitment, rather than just acceptance. Step 1 asks you to admit your powerlessness over alcohol, and Step 2 introduces a belief in a higher power that can help you. Both of these steps are reflective; they ask you to observe and accept them to be true.

Step 3 is the first one that asks you to actively decide to trust that higher power and let go of things beyond your control, including your addiction. AA calls this step "the key of willingness," which then opens the door to recovery. It helps you begin the process of de-centering your ego, which repeatedly tells you that you can—and must—maintain your independence at all costs. Instead, your decision to surrender means that you're ready and willing to accept outside guidance and help.

MARCH BIRTHDAYS

LEE S.	3/1	42 YEARS	GV MORNING GRP
ROB M.	3/4	21 YEARS	
CAROL G.	3/6	3 YEARS	SBNG
ROBBY C.	3/8	2 YEARS	GV YNG PEOPLE'S GRP
BOYD G	3/15	24 YEARS	GV MORNING GRP
JERRY S.	3/15	7 YEARS	SERENITY SEEKER GRP
JERI C.	3/21	8 YEARS	GV ALANO CLUB
CONLEE J.	3/21	7 YEARS	SERENITY SEEKERS GRP
BOB F.	3/22	34 YEARS	GV MORNING GRP
LIZ B.	3/26	31 YEARS	
JEFF S.	3/27	8 YEARS	SERENITY SEEKERS GRP
JAIME R.	3/31	28 YEARS	GV YNG PEOPLE'S GRP
GEORGE W.	3/31	4 YEARS	GV ALANO CLUB



Please email sobrietystarnewsletter@gmail.com with any corrections/deletions or if you would like to see your sobriety birthday in the STAR!



SUB DISTRICT 11-119 PRESENTS...

FREE TO ATTEND! **Traditions** 

WORKSHOP

Partake in *fellowship* and learn how the *12 Traditions* apply to your *life and sobriety!*

4 Speakers
3 Traditions each!

Date: March 15th, Saturday.

Time: 10a-2p, arrive by 9:30a to eat & get settled in!

Place: La Posada Park Centre
780 S. Park Centre Ave.
Front Entrance ONLY

PIZZA
DONUTS & BEVERAGES
PROVIDED!

Questions?
Text Call: Jeff S. 520-595-9816
Nicky M. 520-730-6023



TRADITIONS WORKSHOP - March 15 - Green Valley, AZ - See Flyer

PRE-CONFERENCE ASSEMBLY - April 4-6 - Prescott, AZ

POST-CONFERENCE ASSEMBLY - June 7th - San Carlos, AZ

SWACYPAA - July 17-20 - Tucson, AZ

AUGUST ASSEMBLY - August 16th - 18th Tempe, AZ

NOVEMBER ASSEMBLY - November 9th - Casa Grande, AZ

FROM THE GRAPEVINE ARCHIVES

March 1977

The Third Step - Turning It over

By: W. C. | Hull, Massachusetts

I REACHED the Third Step after trying to understand the first two. I had reflected on the First--I can't handle alcohol. In the Second, I had come to believe, slowly, in a Power that could restore me to sanity. Since I now did believe, it seemed a sensible idea to turn myself over completely to this Power. My own way of living had proved a disaster. Now I was willing to try the way of Someone Else.

Doing that isn't complicated. If I have a toothache, I turn my problem over to a dentist. I don't question him; I know that he is not going to drill a hole in my shoulder, that his knowledge and skill will end the toothache. The idea of turning to someone more competent than I can apply to multiple areas. In their fields, the doctor, lawyer, CPA, plumber, butcher, and so on are all greater powers than I. Only my ingrown pride, arrogance, and conceit could deter me from admitting this.

So now I made a decision to turn my will and life over to God, as I understood Him. There was no defensible reason for quibbling; I knew I should just try turning it over, and shut up. But then I asked myself: How? It wasn't enough to say the Third Step aloud, then sit back and wait for miracles.

At first, I thought that since I was generously turning my life over, the Higher Power should quickly turn something over in return. The possibility that the Power, in taking such control, might cancel my free will and options (which I thought I cherished) didn't occur to me at that point.

Time brought a little common sense. Some strictly one-day-at-a-time way of turning it over must be found. It took a lot of meditation to reach the concept I hold today: Only one day need (or can) be tackled. Each day when I wake, I am guided by a set of conditions that outline what I must do, or ought to do, in the normal course. These might include going to work, or working at home, or caring for the children. The conditions are different for each person.

Since the Higher Power isn't going to write out instructions or give audible directions, I will have to proceed as best as I am able. Since I have free will, and certain duties have been laid out for me, I can either tackle or rebel. The mother of several brats, or the guy whose boss just sneered at him, may feel free to rush out and board a bus for Seattle. But all history proves that those who run out on others, who quit cold in the clutch, whose collars get a bit tight, eventually pay a high price one way or another. It seems I must try to do the things that come along in the course of just one day.



If I try to live one hour or one instant at a time, and do my best at each task with a cheerful and serene attitude, I believe I am implementing fully the spirit of the Third Step. I am turning my will and life over by doing all that has been placed within my reach today, which is apparently what He wants. No longer am I letting self-will and selfishness run riot.

This is how I try to put myself to work on the Third Step. Others may in other ways try the same thing, groping for answers as I must do. I am a mediocre student and must think slowly and carefully. But with daily practice, my habit of reflection will become easier and at length constant, like breathing. And as Bill W. said, far from preventing anyone from exercising free will, such a daily effort of turning over everything in full trust will help lead to “those sterling qualities which can add up to greatness of spirit and action--true and lasting freedom under God, the freedom to find and do His will

****Sobriety Star Readers: Thank you for letting me be of service for the past 3 years. Unfortunately, I find it necessary to resign my position as Sobriety Star Editor. So, obviously we are looking for a replacement. This is a great way to be of service. If you are interested, or know of anyone who would be a great fit for this role, please pass this notice along. I am including my personal email for any interest or questions. God Bless!****

Kelly Harris
kellyjoharris4@gmail.com

CONCEPT THREE

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”





Comedy Corner



AN ELEGANTLY DRESSED GENTLEMAN sits at a table in the bar of a five-star restaurant and orders four very expensive cocktails. The waiter promptly serves them, perfectly chilled and garnished, on a silver tray. Our man proceeds to down them, one after another, in less than thirty seconds. Aghast, the waiter whispers, "My word, sir, you must have a very serious problem!"

"If you had what I have," the man whispers back, "you'd drink fast too."

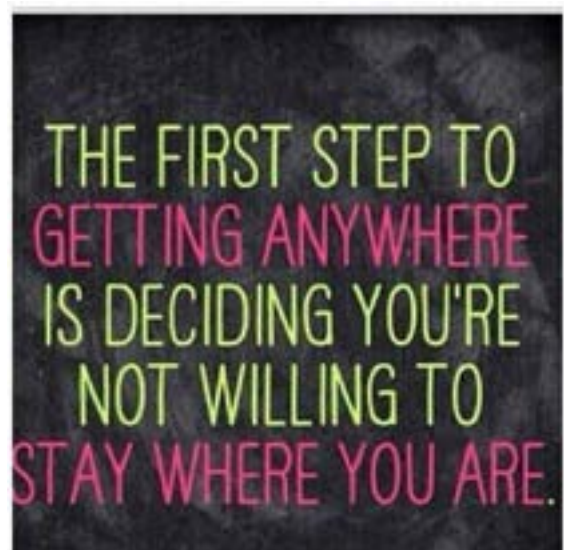
"What do you have?"

"Fifty cents."

A HIGHWAY PATROLMAN pulls over a drunk driver and says, "Show me your license."

"Will you guys get your act together?" shouts the drunk. "Last night you take it away, and now you want to see it!"

Inspirations



EXCERPTS FROM THE SUB-DISTRICT 11-119 BUSINESS MEETING
Monday, February 10th, 2025

Home Groups Represented at the February Business Meeting: Afternoon Delight, Daily Reprieve, GV Morning, GV Nooners, GV Young People's, Lamplighter's Group, Sahuarita Brand New Group, Serenity Seekers, Sober Sisters Group, Sunday Night Speaker Meeting Group

Treasurer's Report

Tim reviewed December treasurer report: \$4,817.59 available funds. Approved.

Secretary's Report

Minutes from last meeting approved.

Sobriety Star Newsletter Report

Sobriety Star uploaded, emailed, and copies left at Alano Club.

DCM Report

Jackie reported that there will be a workshop at the end of March to review "PRAASA" from March 7-9th.

Grapevine Report: Position is open, but Eileen reported on a new District Grapevine Chair.

Inter-group Report

Eileen reported on the purpose and responsibilities of InterGroup.

Old Business

Gratitude Banquets chairs reported they are researching venues and proposed dates are November 1st or 8th.

Discussion regarding Sobriety Star future. No Annual Picnic this year.

New Business

Discussion about coffee machine and more chairs at St. Francis, Big Books, Newcomer packets and meeting schedules for Sunday Night Speaker meeting.

DOES YOUR GROUP HAVE A VOTE AND CONTRIBUTE TO A.A. AS A WHOLE?

aa.org/participating-in-aa

Keep your information up to date with the Group Information Change form and the GSR Change form, available at area03.org

SUB-DISTRICT 11-119 LEADERSHIP

DCM: Jackie H.

ALT. DCM: Jaime R.

SECRETARY: Vicky B.

TREASURER: Tim K.

SOBRIETY STAR EDITOR: Vacant

INTERGROUP LIAISON: Eileen B.

GRAPEVINE REP: Vacant

GRATITUDE BANQUET CHAIR: Vacant

PICNIC COMMITTEE CHAIR: Vacant

TREATMENT COORDINATOR: Vacant



TRADITION THREE

The only requirement for AA membership is a desire
to stop drinking.

The Sobriety Star invites all members of the fellowship to contribute articles of interest, A.A.-related stories, comics, jokes, and group announcements.

We are currently looking for A.A. members to contribute stories of up to 500 words about their experience, strength, and hope.

We'd love to hear from you! Email sobrietystarnewsletter@gmail.com.

