
Carrying The Message

STEP 2 - “Came to Believe that a Power greater than ourselves could restore us to sanity.”

Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him. (Twelve Steps and Twelve Traditions, page 33)

God is either everything, or He is nothing. (Bill W.)

In the Twelve & Twelve, on page 25, it says - Some of us won't believe in God, others can't, and others who do believe that God exists have no faith whatever he will perform this miracle.

If any of these were you in the beginning, what significant event(s) occurred that convinced you that a Power greater than yourself could restore you to sanity?

Trustee Reflections

I love all the 12 steps of AA, but Step Two is the one that gave me hope. With Step Two I learned that I was not alone, and that something greater than myself could help to conquer my alcoholism.

All of the words of the 12 steps are very specifically chosen, which is another thing I really love about working with them. The second step doesn't say “We came to believe in a power greater than ourselves” it says “We came to believe that a Power greater than ourselves could restore us to sanity.” That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of AA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone, and that we need some kind of help, is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.

I have come to believe that by being in the fellowship of AA, with the aid of the 12 steps, that I can walk through the painful times in recovery knowing that an end is near, this too shall pass and there is always light at the end of darkness, as I stay sober and continue to work the steps. But it's important to remember that step two, like all of them, is a process, not an event. - **Zack L.**

February 2020

RAI Board of Trustees

I remember when I came to this step and I expressed skepticism to my sponsor because as far as I had fallen I did not believe God would or could help me change my life. Before A.A. the only relationship I had with any higher power was one of convenience. Every time I was in trouble my first plea was “God if you get me out of this I promise.....). Most of the time, to me, my prayer was either not heard or I got myself out of it. Who needed a God who would not do what I asked of him.

Upon hearing this, my sponsor, a very spiritual person, asked me to do him a favor. He wanted me to take the next few weeks and just go to meetings and observe those people who I thought had something I would like to have. While observing them he told me to write down anything I heard or saw that they all had in common. Since by then I did follow directions, I did as he asked.

Finally, after a couple of weeks I met with my sponsor and he wanted to know what I had written down. I told him that these were the things I saw the others had in common. They all smiled a lot. They all seemed to be grateful for A.A. They went to meetings frequently, they believed the solution for their recovery was in the Big Book and they all had a higher power that they not only believed in but one they gave all the credit to for their happiness.

I thought then my sponsor was going to say aha! see they all believed in GOD. He didn't say that. What he said was “After observing them do you believe you can find the happiness they have found in this program if you give it a chance and follow their path. I said “ I believe if it worked for them it may work for me”. Then he said you have just taken the second step. “Your willingness to believe that this program can restore your life to one of happiness is all you need to get started”.

Since that day as I worked the steps that followed, my concept of a higher power has continued to change. I have experienced this loving God they all spoke of who has taken me from a sense of hopelessness to a life of gratitude and happiness - **Craig S.**

If you have any comments or would like to provide your reflections on Step II, please send to Central Office at office1@rochester-ny-aa.org