
Carrying The Message

STEP 3 - “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

It is when we try to make our will conform with God’s that we begin to use it rightly. To all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God’s intention for us. To make this increasingly possible is the purpose of A.A.’s Twelve Steps and Step Three opens the door. (Twelve and Twelve, page 40)

“It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirements for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.”
“Honesty with ourselves & others gets us sober, but it is tolerance that keeps us that way.”

Trustee Reflections

It is the third step that I most often refer to in the Big Book from pages 60 to 63. It helps me to see where I have been trying to run the show and playing God, and it most importantly prepares me for the inventory that follows. It also reminds me that only God can help me to get rid of “self”. Besides, it is the first of the italicized steps, and it is the only one that’s mentioned twice in the Big Book. Having realized that, it must be a pretty important step! -Cindy S.

A newcomer brought this up in a meeting this past week, the women in the meeting shared about doing the next right thing. About making your bed, then taking a shower, etc. The point was when we come into AA we have no idea what God’s will for us is, so we have to break it down moment by moment. Today I can still be very confused, so I find that talking to my sponsor and my trusted circle of friends helps me see the truth or God’s will in each situation. I also know that when things seem to flow easily. It is usually a sign that I am doing God’s will. -Jessica N.

March 2020

RAI Board of Trustees

I remember when I first came into the program, I had a distorted sense of a higher power. All my life the only time I turned to a higher power was when I was in trouble. It usually went like this: “Please God get me out of this and I promise I will...” And, every time I got out of something it was either, I did it myself or I got lucky. When I was asked to turn my will and life over to the care of God I told my sponsor I couldn’t because I just didn’t have enough trust in the relationship I currently had with my Higher Power at that time. My sponsor, with the patience of a saint, said to me “Craig, for the first time in your life, are you willing to try things someone else’s way rather than your own?” I responded “it can’t be that simple.” He said “Craig, just the willingness to try it someone else’s way and continue through the 12 Steps is enough to get started.” That day the key of “willingness” helped me to continue my journey of recovery. Over the years my concept of Higher Power and turning my life over has changed considerably. Today I can honestly say I have a relationship with a God of my understanding that has been built on faith, love and trust. -Craig S.

Once we have come into agreement with these ideas, it is really easy to begin the Practice of Step Three. In all times of emotional disturbance or indecision, ask for quiet, and in the stillness simply say: “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will, not mine, be done.” (Twelve and Twelve, Page 41)

If you have any comments or would like to provide your reflections on Step 3, please send to Central Office at office1@rochester-ny-aa.org