



AA District 18

Newsletter

Volume 6 | Issue 3 | March 2026

Editor: Matt B. Tuesday Night Group, Main St. Community Center, Edwardsville

Serenity Prayer

God, grant me...

*The serenity to accept the things I cannot
change,*

The courage to change the things I can,

And the wisdom to know the difference!

Inside This Issue

Page 2 Announcements, Humor, Thoughts on Step 3

Page 3 Step 3 Thoughts and the Prayer

Page 4 AA History in March

Page 4 A Note on Spirituality

Page 4 – Letting Go of Control

Page 5 Cyber Security / Tech Corner

Page 6: 3rd Promise of AA

Page 7 Tradition 3

Page 8 Concept 3 of the Concepts of Service

Page 8 Meeting Topic suggestions

Page 9 – Prayer and the AA Way of Life

Page 10 – God As I Understand Him

Announcements

Looking for Volunteers to "Bridge the Gap" - helping newcomers coming out of Treatment. [Click to Sign UP](#)

2026 Great River Roundup
Pere Marquette Lodge & Conference Center March 13th-14th,
2026 AA Bob C, AA Marc W, Al-Anon Tina H, AA Chris C
There will be a basket raffle and 50/50

New Women's Meeting Granite City -Saturday 1pm [Click for Info](#)

New Meeting in Granite City- Sat. 2116 Club Meeting 7pm - 8pm, Closed Discussion [Click for Info](#)

New Meeting in Granite City - Thrs. Attitude Adjustments a New Way of Living [Click for Info](#)

Open Speaker Meeting 7:30pm
*District 18 GSR's *- Southern Illinois Area 21 presents a new Service Information YouTube video. [Click here for GSR Training Video.](#)

Area 21 – Monthly Delegate Roundtable MARCH 5 @ 7:00 PM

Click [here](#) to download 2024-2026 AA Service Manual. [AA Service Manual](#)

Spotlight on Step 3

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

Step Three is where willingness becomes action. In Step Two we came to believe; in Step Three we decide. This decision is not about feelings—it is about direction. We choose to stop running the show.

The Big Book is clear: self-will has driven our troubles. We tried to manage outcomes, control people, and force life to

match our expectations. Alcohol was only one symptom of a deeper problem—the belief that we could direct our lives better than anyone else, including God.

Humor Corner

I got so drunk I tried to shush my microwave.
I told it, "Hey—people are sleeping."
It kept beeping louder, clearly getting an attitude.
So I stood there staring it down.
Eventually I apologized.
Turns out I was the only one being heated up.

I got so drunk I put my phone in rice
because it was "acting weird."
Turns out the phone was fine.
I was the one buffering.
The rice did nothing.
But I slept great next to it.

Thoughts on Step 3

Basically and bluntly, AA is a rather simple thing. Step 1 - I can't handle it. Step 2 - God can. Step 3 - I think I'll get in touch. These get the alcoholic sober. Now the problem is staying that way.

Ladies and Gentlemen, every alcoholic gets sober hundreds and hundreds and hundreds of times in his life. When you can't drink anymore, you have to stop, and ultimately you get sober. The problem is you always begin again. Insanity. The insanity of the alcoholic starting it over again. How do we stay well? There's one line in the Big Book that says, "Half measures availed us nothing."

Father Joseph C. Martin,
12 Steps of AA with Fr. Martin

Step Three asks for trust. Not blind trust, but practical trust. We place our will—our thoughts, plans, and desires—and our lives—our actions and relationships—into God’s care. As described on page 63, we ask Him to relieve us of the bondage of self so that we may better do His will.

This is not passivity. It is partnership. We still act, work, and make decisions—but now we seek guidance instead of domination. We surrender control without surrendering responsibility.

Many of us pray the Third Step Prayer and mean it imperfectly at first. That’s enough. The decision itself opens the door. As *Stools & Bottles* illustrates, when the foundation of Steps One and Two is steady, Step Three becomes the firm seat upon which recovery rests.

Step Three marks the turning point: from self-centered fear to God-directed living. It is the moment we stop trying to manage everything and begin learning how to be cared for.

Matt B.

AA 3rd Step Prayer

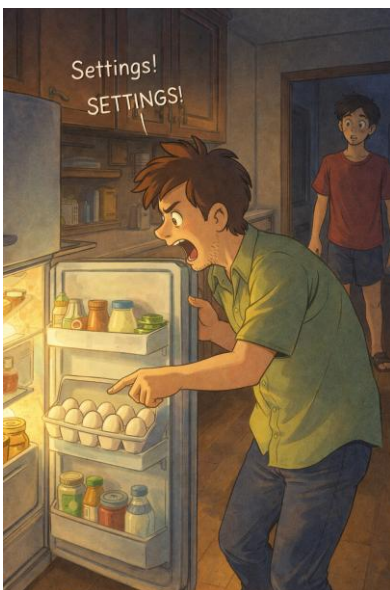
God,
I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties,
That victory over them may bear witness
To those I would help of Thy Power,
Thy love & Thy way of life,
May I do Thy will always!

<https://www.aacle.org/twelve-step-prayers/>

Another prayer for Step 3 ...

Almighty God, I offer myself into Your hands; shape me according to Your will and use me for Your purpose. Free me from the bondage of self, that I may serve You faithfully. Remove my struggles, that my life may be a witness to Your power, love, and truth; through Jesus Christ, my Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

I got so drunk I tried to log out of reality.
I stood in the kitchen yelling, “Settings! SETTINGS!”
Then I pushed the refrigerator door like it was a giant reset button.
When it opened, I said, “Ah, advanced options.”
My roommate walked in as I was explaining Wi-Fi to a carton of eggs.
Turns out I wasn’t offline — just scrambled.



Borrowing trouble from tomorrow has cost me a lot of peace. My mind runs ahead, imagining worst-case scenarios and rehearsing problems that haven’t even happened. Most of that fear never comes true, yet I pay for it anyway in lost sleep and anxious thoughts. Recovery is teaching me that today has enough responsibility of its own. I can plan wisely without living in dread. When I stay present, I find that most things are manageable. Tomorrow will bring what it brings—and I’ll meet it when it arrives. Today, I don’t need to suffer in advance.

O God, quiet my anxious thoughts about what hasn’t happened yet. Help me stay grounded in this day, trusting that You will give me strength for tomorrow when it comes.
Amen.

Matt B.

One Day at a Time!

Living one day at a time in recovery means I've stopped treating my life like a complicated IKEA project with missing instructions. I don't need to assemble my future today, tighten every screw, or pretend I know what this extra piece is for. Today comes pre-assembled enough.

My brain still loves drama. It will take a minor inconvenience—traffic, a sigh, an unanswered text—and upgrade it to a full internal documentary titled *Everything Is Falling Apart*. Recovery cancels the premiere and reminds me nothing is actually happening. We are safe. We are sober. We are mildly annoyed at worst.

One day at a time also keeps me from emotional overengineering. I don't need to understand every feeling, solve every problem, or improve myself before dinner. I can stay sober, show up imperfectly, and let the day be a day.

Living this way works because sobriety lives in the present. I focus on today, make honest choices, and stay responsible for what's real. When I do that, recovery holds—quietly, steadily, and without drama.

Matt B.



AA History in March

March 1:

1939: Readers Digest failed to write promised article on AA.

Step 3: Letting Go of Control Without Losing Responsibility

AA Step 3 became real for me when I admitted how exhausting it was to try to control my recovery, my emotions, and everything around me. That need for control showed up strongly in parenting and in my anxiety. I wanted to do everything right, protect everyone I loved, and anticipate every possible outcome. Instead of feeling secure, I stayed tense and overwhelmed. Step 3 offered relief by showing me that I could let go of control without giving up responsibility.

Turning my will and my life over did not mean I stopped showing up as a parent or as a sober person. It meant I could take loving action without being driven by fear. When anxiety flares up, I practice pausing instead of reacting, trusting that I do not have to have all the answers in that moment.

Service has become one of the clearest ways I live Step 3. Helping others and being present pulls me out of my own anxious thinking and reminds me that I am part of something bigger. It shifts my focus from fear to connection.

Step 3 is a daily decision for me. By letting go, asking for guidance, and staying willing, I find more calm, more patience, and the ability to stay sober and grounded one day at a time.

Brandy C.

Spirituality

Spirituality isn't something I talk about—it's something I practice. It shows up in how I treat people, how I respond under pressure, and how willing I am to seek guidance beyond myself. It isn't measured by words or appearances, but by daily choices. Recovery is teaching me that spirituality is lived in ordinary moments: telling the truth, making amends, offering kindness, and asking for help. It's quiet, steady, and practical. Today, I don't need grand gestures. I need consistent action that reflects what I believe.

O God, deepen my spiritual life today. Guide my thoughts, steady my actions, and help me live in a way that honors You and strengthens my recovery. Amen

1941: Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000.

March 3:

1947: Nell Wing, Bill's secretary and first archivist of AA, began her career at Alcoholic Foundation Office at 415 Lexington Avenue.

March 4:

1891: Lois Wilson was born.

March 5:

1945: Time Magazine reported Detroit radio broadcasts of AA members.

March 7:

1940: Bill and Lois visited the Philadelphia AA group.
1941: Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.

March 9:

1941: Wichita Beacon reported AA member from NY who wanted to form a group in Wichita, Kansas.

March 10:

1944: New York Intergroup was established.

March 11:

1947: A Priest in St. Paul, Minnesota, founded Calix International. Alcoholics in his parish met after Saturday morning Mass to discuss the readings for the upcoming Sunday and how their faith melded with the Twelve Steps of Alcoholics Anonymous.

March 12:

1940: Ebby Thatcher, Bill Wilson's boyhood friend and sponsor, was reported sober again.

March 14:

1941: South Orange, NJ, AA held an anniversary dinner at the Hotel Suburban with Bill Wilson as the guest speaker.

March 15:

1941: 1st AA group was formed in New Haven, Connecticut.

March 16:

1940: Bill moved the Alcoholic Foundation office to 30 Vesey St., NY. (30 Vesey St., NY, was almost destroyed on September 11, 2001.)

Tech Corner / Cyber Security Tips

Cybersecurity dangers often begin with a simple text message. Imagine receiving a message that says, "Your package delivery failed. Click here to reschedule." It looks harmless, especially if you are expecting a delivery. But this is a common **smishing** scam — a phishing attack sent by text. The link may lead to a fake website designed to steal your credit card number or login information. Warning signs include unfamiliar phone numbers, strange web addresses, or messages that create urgency. Delivery companies do not usually ask for personal or payment details through random text links. The safest response is to **delete the message immediately** and check your delivery status directly on the company's official website. Never click suspicious links. By slowing down and verifying information before responding, you can protect yourself from identity theft and financial loss. Simple awareness makes a powerful defense.

Matt B.

Step 3 Thoughts

Successful people are successful because of their ability to make decisions. Making decisions is simply gathering facts and determining a course of action based on interpretation of those facts as we perceive them. We don't know what the results of those decisions will be, but we do have certain pertinent information that we must gather. In this Twelve-Step process, the first two Steps have given us the information with which to make this decision. We have seen our alternatives, and we have a choice: we can choose to begin to live our lives on a spiritual basis. Step 3 is a principle that we should apply not only to our addiction or compulsion but to all areas of our lives as long as we live.

McQ, Joe. *The Steps We Took* (670106) (p. 36). August House. Kindle Edition.

March 18:

1951: Cliff W. was elected 1st delegate from Southern California.

March 21:

1881: Anne Ripley, Dr. Bob's wife, was born.

1966: Ebby Thatcher, Bill Wilson's sponsor, died sober.

March 22:

1951: Dr. William Duncan Silkworth died at Towns Hospital.

1984: Clarence Snyder, founder of Cleveland AA and author of "Home Brewmeister," died at 81, 46 years sober.

March 23:

1936: Bill & Lois Wilson visited Fitz Mayo, "Our Southern Friend," in Maryland.

1941: Sybil C.'s sobriety Dates. She was the first woman to enter AA west of the Mississippi.

March 25:

1898: Jim B. ("The Vicious Cycle") was born

1965: Richmond Walker, author of "Twenty-Four Hours a Day" book, died at age 72, almost 23 years sober.

2005: Nancy Olson, Founder of AAHL- See Memorial at: <http://hindsfoot.org/nomem1.htm>

March 29:

1943: The Charleston Mail, WV, reported that Bill Wilson had given a talk at St. John's Parish House.

March 31:

1947: 1st AA group was formed in London, England.

1947: 1st AA group was formed in London, England

In March 1947, a quiet but historic milestone took place when the first Alcoholics Anonymous group was formed in **London**, marking the beginning of A.A. in the United Kingdom. What had started just over a decade earlier in Akron and New York now crossed the Atlantic in an organized and permanent way. The London group became a seedbed for the Fellowship's growth throughout England and eventually across Europe. True to A.A.'s spirit, it was not launched by publicity or institution, but by alcoholics helping alcoholics—sharing experience, strength, and hope. This small gathering in London demonstrated that the principles set forth in *Alcoholics Anonymous* were not bound by culture, nationality, or class. The same program that worked in American cities proved equally powerful in post-war Britain. From that first group in 1947, A.A. would steadily expand throughout the British Isles, carrying forward the simple message that recovery is possible, one alcoholic talking with another.

Matt B.

Highlighting the 3rd Promise of

AA:

"We will comprehend the word serenity and we will know peace."

Before sobriety, serenity was a word most of us did not understand. We chased excitement, escape, or numbness—but rarely peace. Even when we were not drinking, our minds were restless. We worried about the future, resented the past, and reacted to every inconvenience as if it were a crisis. Promise Three tells us that something deeper is possible.

As we practice the Steps—especially surrender, inventory, and amends—we begin to experience a calm that does not depend

An Ode to Sobriety

I used to run my grand design—
Chief Executive of Decline.
I chaired the board of Bad Decisions,
With reckless votes and bold revisions.
My life? A plan I'd tightly grip—
And drive straight off a mental cliff.

I micromanaged sky and ground,
Corrected things not yet around.
I'd argue fate, revise the weather,
Try stapling broken days together.
If worry were an Olympic sport,
I'd take the gold in every court.

Then one day, tired of steering wrong,
I paused mid-sprint, mid-scheme, mid-song.
What if I'm not the wisest guide?
What if there's help outside my pride?
What if the map I clutch so tight

on circumstances. Serenity is no longer the absence of problems; it is the presence of trust. We come to understand that we are not running the universe, and we no longer have to. That realization alone brings relief.

Peace grows quietly. It shows up in how we respond instead of react, in how we pause before speaking, in how we accept what we cannot change. We begin to “know” peace not as an idea, but as a lived experience.

Promise Three reminds us that recovery is more than abstinence. It is a transformation of our inner life. Where chaos once ruled, serenity now takes root—one surrendered day at a time.

Matt B.

Spotlight on Tradition 3:

“The only requirement for A.A. membership is a desire to stop drinking.”

Tradition Three is one of the most merciful statements ever written. It removes barriers, qualifications, and gatekeepers. There are no tests to pass, no dues to pay, no moral inventory required before you walk through the door. If you have a desire to stop drinking, you belong.

In the early days of **Alcoholics Anonymous**, there were debates about who should be included—those with other addictions, those who struggled with behavior issues, those who didn’t yet believe in God. Experience settled the matter. If we began deciding who was worthy, we would soon forget how unworthy we once felt ourselves.

Tradition Three protects A.A. from becoming exclusive, rigid, or self-righteous. It reminds us that none of us arrived polished. We came confused, broken, defensive, or afraid. What united us was not perfection, but desperation.

This Tradition also calls us to humility. We do not own sobriety. We did not invent recovery. We simply share what was freely given to us.

Tradition Three keeps the door wide open. It says to the suffering alcoholic: “If you want help, come in. Sit down. You’re one of us.” And in that simple welcome, hope begins.

Matt B.

So now I breathe before I act,
I loosen up my ironclad pact.
I hand the wheel to steadier hands—
And life no longer swerves and lands
In ditches dug by fear and doubt.
Turns out letting go works out.

Matt B.

A Haiku to my Disease

Cup brims with false fire,
Mind unravels thread by thread—
Thirst that won’t let go.

A haiku to Sobriety!

Clear sky after rain,
Steps steady on open road—
Today, I am free.

A Devotion for the Christian in Recovery

Verse

Psalm 105:1–2 “Give thanks to Yahweh! Call on his name! Make his doings known among the peoples. Sing to him, sing praises to him! Tell of all his marvelous works.” (WEB)

Meditation

In recovery, gratitude becomes more than a polite habit; it becomes a lifeline. Psalm 105 begins not with complaint or analysis, but with thanksgiving and testimony. Calling on the name of the Lord and making His deeds known reshapes our focus. We once rehearsed failures, resentments, and fears. The Psalmist teaches us to rehearse God’s works instead. Singing and telling are not emotional displays alone; they are acts of remembering. Recovery deepens when we deliberately recall where God has acted, sustained, and delivered. Gratitude does not deny hardship, but it refuses to let hardship define the whole story. As we give thanks and speak of His works, perspective shifts.

Spotlight on Concept 3 of Service

Concept Three grants what Bill W. called the “Right of Decision.” It recognizes that those who are entrusted with responsibility must also be trusted with the authority to make routine decisions within their defined scope of service. Without this freedom, service would grind to a halt under constant oversight and delay.

In practice, this means that delegates, trustees, directors, and staff are not merely messengers awaiting detailed instructions at every turn. They are trusted servants, chosen for their experience, judgment, and dedication to A.A.’s principles. While major matters return to the Conference or the groups, day-to-day decisions must be made promptly and responsibly.

Concept Three teaches us balance. Authority is never absolute; it is always limited by tradition, accountability, and the will of the fellowship. Yet micromanagement can be just as harmful as unchecked power. The “Right of Decision” allows A.A.’s service structure to function efficiently while remaining spiritually grounded.

This Concept also calls for humility. Those given decision-making authority must act with transparency, prudence, and faithfulness to A.A.’s primary purpose. In turn, the fellowship must extend trust rather than suspicion.

Ultimately, Concept Three protects A.A.’s effectiveness. By combining responsibility with appropriate freedom, it ensures that our services remain responsive, unified, and capable of reaching the still-suffering alcoholic—without unnecessary delay or confusion.

Matt B.

Some suggestions for Meeting Topics

- Made a Decision**
What it really means to make — and keep — a decision to turn our will and our lives over.
- Turning It Over Daily**
Step Three as a practice, not a one-time event.

We begin to see that our lives are not only marked by struggle, but also by mercy. In this steady remembering, hope grows, and praise becomes a discipline that strengthens faith day by day. This verse invites us to live in quiet trust, confident that God is shaping our hearts and guiding our steps toward what brings true joy.

Gracious God, whose marvelous works fill our lives with mercy, teach us to give thanks in every season. Open our lips to speak of Your goodness, steady our hearts in gratitude, and strengthen our hope as we remember Your faithful acts; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Matt B.

Morning Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the dawn of a new day. I pray that You would give me strength this day to remain sober and free from the temptation to drink. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

Evening Prayer for Sobriety

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, for bringing me to the close of this day. I thank You for another day of sobriety, kept by Your grace and mercy. For into Your hands I commend myself, my body and soul, and all things. Your will be done, and not my own. Amen.

3. **Thy Will, Not Mine, Be Done**

Learning the difference between self-will and God's will.

4. **Trusting God With the Outcome**

Releasing control and accepting results beyond our management.

5. **The Simplicity of Willingness**

Step Three as willingness rather than perfection.

6. **The Only Requirement for Membership**

Tradition Three — “A desire to stop drinking.”

7. **Belonging Without Conditions**

Tradition Three and the open door of A.A.

8. **Unity Through Inclusion**

Protecting A.A. by keeping the focus on the desire to stop drinking.

9. **Relief From Self-Centered Fear**

Promise Three — “We will not regret the past nor wish to shut the door on it.”

10. **Peace With the Past**

How surrender in Step Three prepares the way for freedom from regret.

11. **Letting Go of Outcomes and Expectations**

The spiritual freedom that comes from trusting God's care.

12. **Decision Leads to Freedom**

How Step Three opens the door to deeper inventory, healing, and serenity.

*I got so drunk I tried to return my reflection.
I stared in the mirror and said, "This is defective."
The guy in the glass looked just as disappointed.
I told him, "I specifically ordered dignity."
He didn't respond — just copied me.
Worst customer service I've ever had.*

Prayer and the A.A. Way of Life

Alcoholics Anonymous is not a religion. It is not a church, nor is it aligned with any denomination. The Big Book makes that clear in its Foreword, explaining that A.A. is “not allied with any particular faith, sect or denomination”

Yet, anyone who has spent time in the program knows that an active prayer life is quietly assumed as part of recovery.

From the earliest pages, prayer is woven into the fabric of sobriety. In *How It Works*, we are given the 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...”

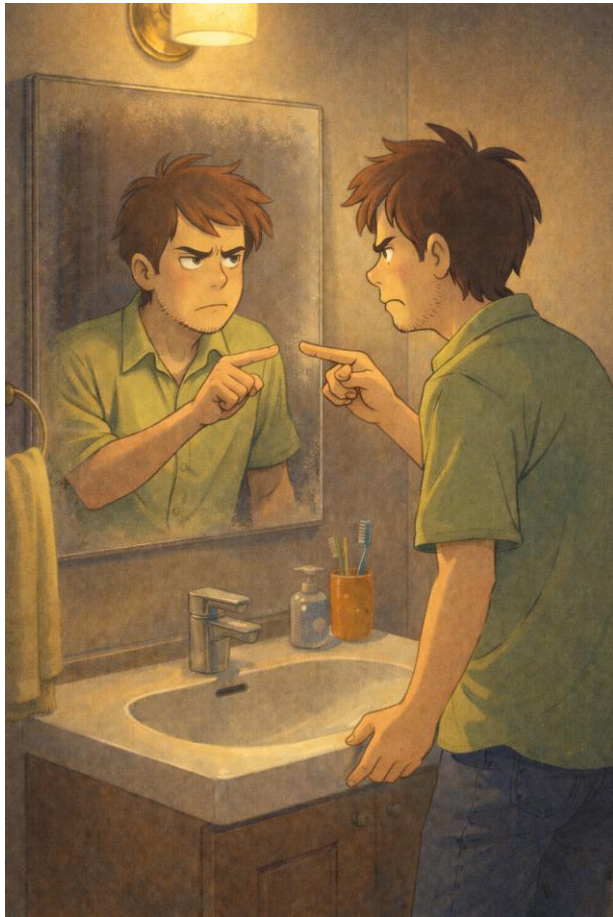
This is not presented as religious ritual, but as a practical turning point—an act of surrender that moves us from self-will to reliance upon a Power greater than ourselves.

Later, the Eleventh Step speaks plainly of seeking “through prayer and meditation to improve our conscious contact with God as we understood Him”

. The language is inclusive, but the action is specific: we pray. We ask. We listen. We seek guidance.

A.A. does not tell us what to believe. It does, however, suggest that recovery depends upon developing and maintaining conscious contact with a Higher Power. Meetings often close with prayer. Many of us begin and end our day with it. Not because A.A. is a religion—but because sobriety requires spiritual maintenance.

In the end, prayer in A.A. is not about theology. It is about humility, dependence, and daily alignment. The fellowship may not be a church, but the program clearly expects that a sober member will cultivate an active and growing prayer life.



Is God Really Just Good Orderly Direction

When people in recovery say that **G.O.D.** can stand for “*Good Orderly Direction*” or “*Group Of Drunks*,” they are usually trying to lower the barrier for someone who struggles with the word *God*. It can be a helpful stepping stone. It breaks the ice. It removes fear. It says, “You don’t have to have it all figured out.”

But those phrases are not sufficient for “*God as I understand Him*.”

First, **Good Orderly Direction is a principle, not a Person.** It describes a way of living. It does not listen. It does not forgive. It does not convict. It does not love. The Big Book speaks of praying, asking, thanking, confessing, seeking guidance, and turning our will and our lives over. Principles cannot receive surrender. They cannot restore sanity. They cannot remove defects of character. They cannot hear the cry of a desperate alcoholic at 3 a.m.

God as I Understand Him

In our literature, especially in Step Three, we read:

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

(Alcoholics Anonymous)

That phrase — *God as we understood Him* — is careful and deliberate.

It does **not** say:

- “a God of my understanding,”
- nor “a God I invent,”
- nor “a God who fits my preferences.”

There is a theological, but a far more practical difference.

1. “God as I understand Him”

This assumes:

- God **exists objectively.**
- My understanding is **limited and growing.**
- I approach Him imperfectly, but honestly.

My understanding may be incomplete, immature, or evolving — but God is not being redefined by me. I am the one being refined.

This aligns with the tone in the *Introduction of The Little Red Book*, which says:

“Although we must believe in this Higher Power, it is our privilege to interpret it according to our understanding.”

Notice: it speaks of *interpretation according to our understanding* — not invention.

2. “A God of my understanding”

That phrase subtly shifts authority.

It suggests:

- I define the nature of God.
- I determine His character.
- I tailor Him to my comfort.

That quickly becomes self-will in religious clothing. In recovery terms, that can turn into:

- A Higher Power who never corrects me.

Second, **Group Of Drunks is not transcendent.**

The group may carry wisdom. The group may carry experience. The group may reflect truth back to me. But the group is made up of flawed, limited, fallible human beings. If God is only the group, then God is as weak as we are. The group changes. The group can be wrong. The group can fail. And sometimes the group needs correction.

Third, both substitutes collapse God into something horizontal. “God as I understand Him” does not mean “God reduced to my understanding.” It means that I am growing in understanding of a reality that exists beyond me. The Big Book repeatedly refers to God as Creator, Father, One who has all power, One who performs miracles in human lives. That language points upward, not merely inward or outward.

For many of us, the group may introduce us to faith. Good orderly direction may discipline our chaos. But neither can replace a living, sovereign, personal God who restores, guides, forgives, and transforms.

In early sobriety, a slogan may suffice.

In long-term recovery, reality demands more.

Matt B.

Where my fear lives is where my work is. The places I avoid, the conversations I postpone, the steps I hesitate to take—those often mark the exact areas that need attention. Fear points to growth waiting to happen. If I always move toward comfort, I stay the same. Recovery is teaching me that courage isn’t the absence of fear; it’s movement through it. When I face what scares me with honesty and support, something shifts inside. Today, instead of running from discomfort, I can lean into it carefully and trust that growth is on the other side.

O God, give me courage to face the places fear tries to control. Guide me into the work I need to do, strengthen my resolve, and walk with me as I grow beyond old limitations. Amen.

Matt B

- A Higher Power who agrees with my resentments.
- A Higher Power who requires nothing.

And that is not surrender. That is projection.

3. Why the distinction matters in recovery

When many came to AA, their understanding of God was confused, distorted, and sometimes hostile. If they needed had to have perfect theology, they would have been lost. But they, nor I did not need perfect theology. we needed willingness.

The program allows:

- honest agnosticism,
- gradual spiritual growth,
- progressive understanding.

But it does not endorse spiritual self-creation. The difference is humility.

“God as I understand Him” leaves room for growth.

“A God of my understanding” risks shrinking God down to my ego.

And as we all know — our egos nearly killed me. That subtle wording protects the alcoholic from both dogmatism and self-deception at the same time.

- If you’ve ever bought the “economy size” bottle because you’re “trying to save money,” you just might be an alcoholic.
- If you’ve ever called it a “nightcap” and it required a seatbelt, you just might be an alcoholic.
- If you’ve ever rearranged your entire schedule around happy hour like it was a national holiday, you just might be an alcoholic.
- If you’ve ever Googled, “Is this too much to drink?” while actively drinking it, you just might be an alcoholic.
- If you’ve ever considered a 24-pack “light reading,” you just might be an alcoholic.

DO YOU HAVE AN UPCOMING EVENT OR A BIRTHDAY IN APRIL, or are you interested in contributing an article to the newsletter? Please send any of the above to info@aa-district18.org, by MARCH 21, being mindful of our Steps and Traditions. Any suggestions or comments are always welcome and appreciated, and may be sent to info@aa-district18.org !!!

THANK YOU for subscribing to our newsletter!!!

***Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is in
heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power,
and the glory,
for ever and ever.
Amen.***