

Sobriety Sentinel

Website: <http://tricountyaa.org/> Phone: 636-970-0013

Welcome!
There is a solution



February 2020

SobrietySentinel@tricountyaa.org

Literature@tricountyaa.org

Would you like to submit an AA -
related story or article?
When submitting, please use the
Sobriety Sentinel link above.

STEP TWO

“Came to believe that a power greater than ourselves could restore us to sanity.”



What Is the Purpose of the Second Step?

This step gives you hope. You are not alone, and something higher than you can help you conquer your addiction and despair.

How Do You Complete This Step?

The second step is about keeping an open mind.

This is the beginning of the end, in a way. You will end your old life and begin your fresh one, committed to faith – faith in whatever you choose.

The second step is about keeping an open mind. As the prior step was about letting go of pride, this step

is about letting go of preconceived notions about what AA is and how it works, and making room for change.

No matter what you believe in, this is the step in which you become open to the idea that faith in a higher power will help you attain soundness of mind. The Alcoholics Anonymous “Twelve Steps and Twelve Traditions” book states:

Step 2 is the rallying point for us all. Whether agnostic, atheist, or former believer, we stand together on this Step.¹

What Are Some Myths About This Step?

Your higher power has to be God: This is a big misconception about Alcoholics Anonymous. Your higher power can be anything that you believe in: the universe, nature, Buddha, music, love, Allah, humanity or even AA itself. AA doesn't require you to believe in anything that you don't want to; each step is a suggestion along the road to a sober life.

Recovery.org – November 2019

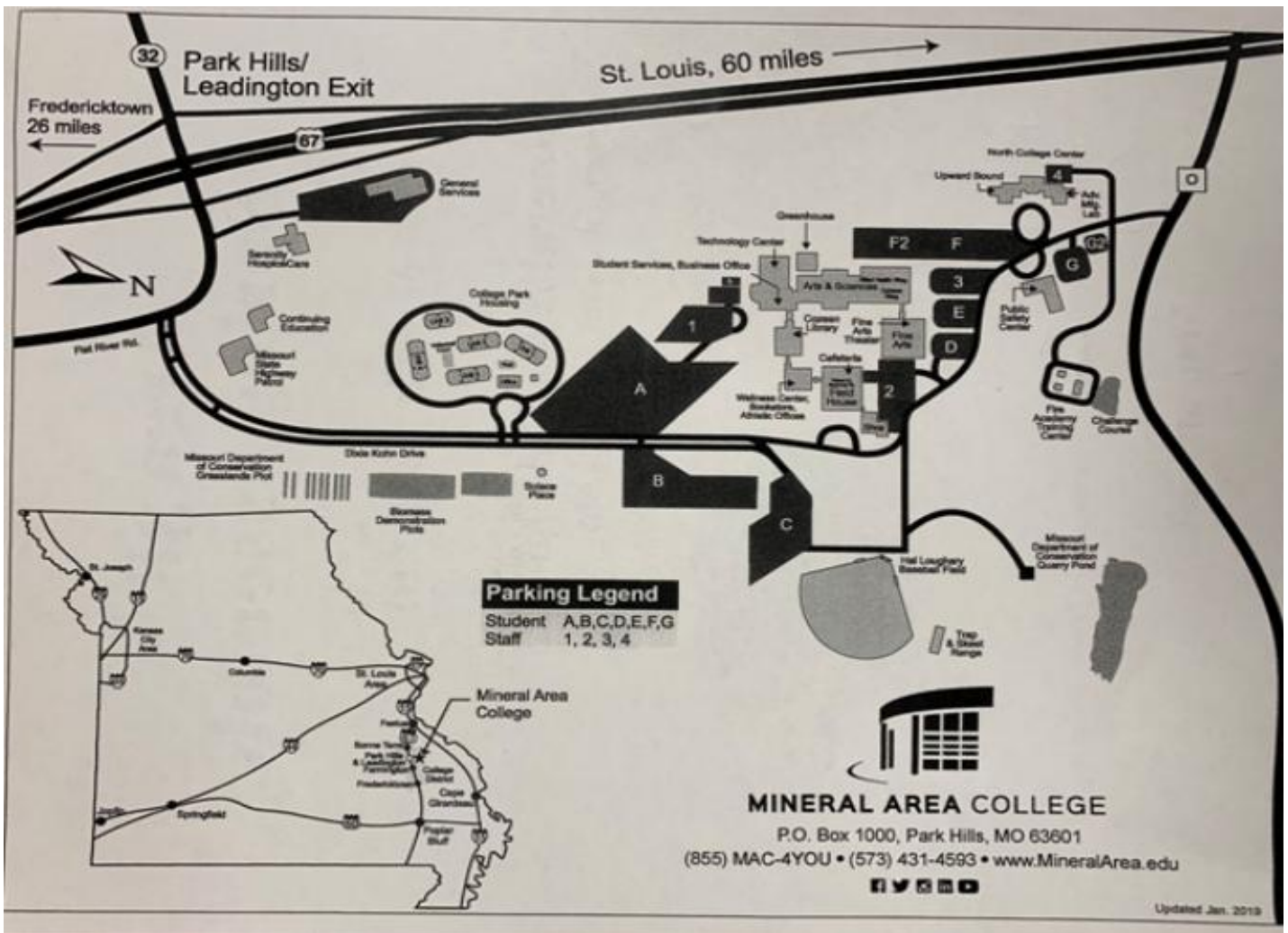
AREA 38

Spring Assembly

March 28, 2020

Mineral Area College
5270 Flat River Road
Park Hills, MO

This will be a 1 day assembly from 8:00 am – 5:00 pm



Questions to Ponder on Step 2



Did you make insane decisions as a result of your drinking?

Do you have any fears about coming to believe in something greater than yourself?

What does “we came to believe” mean to you?

What experiences have you heard other recovering alcoholics share about their process of coming to believe and have you tried any of them in your recovery / life?

Do you have a problem accepting that there is a power / powers greater than yourself?

What evidence do you have a “higher power” is working in your life?

What are some of the things you consider good examples of sanity?

What changes in your thinking and behavior are necessary for your restoration to sanity?

Why is having a closed mind harmful to your personal recovery?

What fears do you have that are getting in the way of your trust?

What do you need to do to help let go of the fears?

Are you seeking help from your sponsor, going to meetings and reaching out to other recovering alcoholics?

If so what are the results?

Save the Dates

District 20 GSR Meetings

1st Monday of the Month
at
Lincoln County
Council on Aging

1380 Boone Street
Troy, MO

39th Annual 5 Corners Convention

Miner Convention Center
2610 East Malone
Miner, MO

2/21 @ 3:00 pm
2/22 @ 12:00 pm

12th Annual Spring Fling Convention

April 24, 2020 @ 6:00 pm
April 26, 2020 @ 12:00 pm

St. Louis Hilton Airport
10330 Natural Bridge Road
St. Louis, MO

Registration Ends
April 10, 2020

January Birthdays

Group 340

Mike W. 29 Years

Group 4094

Don I. 25 Years
Anthony 6 Months
Dave 4 Months

