

LET GO AND LET GOD



QUOTE OF THE ISSUE

"Let it never be said that the spiritual way is a cowardly or escapist approach to life. On the contrary, it requires maximum diligence and persistence to seek divine guidance when all the evidence of our eyes and ears tries to tell us that life is largely physical, intellectual and emotional."

Mel B., November 1964 "Let Go and Let God," AA Grapevine

Step 3: Made a decision to turn our will and our lives over to the care of God, *as we understood* him.

Step 4: Made a searching and fearless moral inventory of ourselves.

**Men with the men,
Women with the women!**

**One is to entertain,
the other is to heal!**



GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THE THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE

MARCH TO APRIL 2016

THE UPDATE

Let Go and Let God

The Anxieties that Accompany Many Problems Besides Drinking Often Respond to Handling the AA Way

"I've turned the problem of alcohol over to the Higher Power, but I have trouble in many other things. How do we go about turning our whole lives over? This subject has come up at our beginners' meeting, but we can't seem to clarify our understanding that the suggested Third Step does not pertain solely to the problem of alcohol or just the first drink"

Thus writes an AA member who is perplexed by a problem that baffles countless other AA's: Just what is meant by turning our will and lives over to God and how do we do it? Should His help be sought only in solving the drinking problem? Or does it involve everything we do? And are we being both selfish and naive if we expect Him to hand down guidance and help in dealing with our social, business and health problems?

Many AA's dispose of these questions with a good-natured but revealing comment: "Pray for potatoes, but grab a hoe." Clearly, this saying suggests that God's action in human affairs--if it exists at all--is slight and is certainly no substitute for human effort. "Go ahead and seek spiritual guidance," the newcomer might be told, "but don't expect to hear bells or see bolts of lightning."

Yet these remarks hardly answer the needs of

many earnest and troubled AA's who have met complete frustration and defeat from problems that are fully as baffling and terrifying as alcohol proved to be. They might wonder, with a great deal of justification, if they've escaped from the fleshpots of Egypt only to perish in the desert. Freedom from John Barleycorn's house of bondage--however priceless a gift--is difficult to appreciate fully when one feels overwhelmed by numerous other problems. Can we turn these over and expect results?

We can and we should; indeed, this is the true meaning of the Third Step. It does not directly concern itself with the first drink or the drinking problem; rather it calls for turning our will and our lives over to the Higher Power. A nonalcoholic can take this Step in exactly the same way that an AA member might follow it. Many do. Our goal should be to seek and develop a God-consciousness within ourselves which will govern our lives. The experience of many AA's is that this God-consciousness can be found and that it works. Prayer does change things, and always for the better.

It should be understood that taking the Third Step--letting go and letting God--is not an abdication of personal responsibility or duty; it will not do away with the need for hoeing the pota-

to patch. But it is a way--perhaps the only way--of facing our responsibilities in the proper spirit and performing our duties more perfectly. For the sad story of man without God is that he does far too much hoeing for too few potatoes.

Let it never be said that the spiritual way is a cowardly or escapist approach to life. On the contrary, it requires maximum diligence and persistence to seek divine guidance when all the evidence of our eyes and ears tries to tell us that life is largely physical, intellectual and emotional. It means constant work to exclude from our own minds the doubts and fears that interfere with this God-consciousness. It means putting the spiritual life ahead of all else whenever possible, to seek the long-term gains of spiritual well-being over short-term pleasures that get in the way of spiritual progress. But those who seek the spiritual approach will, in the end, not only come to terms with all their problems, their strength of character and calmness of mind will be admired by the same people who scoff at this 'God business.'

Mel B.

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**Let Go and Let
God**

**TAKE IT EASY,
RELAX!**

Sobriety Calendar

Leo, T.	Beginner's Reflections	3. Mar. 2008
Chipper R.	Forest Lakeside	3. Mar. 1994
Sharon W.	Sunshine Group	3. Mar. 1997
Jeff V.	High Noon	3. Mar. 2015
Dan V.	Hill Street Blues	5. Mar. 1993
Vivian C.	Forest Lakeside	5. Mar. 1982
Laurie P.	St. Peter's	7. Mar. 1988
Tom J	Thedford	12. Mar. 1988
Randy R.	Hill Street Blues	13. Mar. 2014
Randy R	Tues Shiftworkers	13. Mar. 2014
Gina H.	St. Peter's	19. Mar. 2011
Stan S.	Freedom Group	20. Mar. 2011
Ron C.	Lambton Central	22. Mar. 1989
Leo C.	Lambton Central	22. Mar. 1975
Tim S	Men's Group	26. Mar. 1986
Joe C.	St. Peter's	27. Mar. 2012

Robin E	Tues Shiftworkers	1. May. 2009
Chantal P.	Hill Street Blues	2. May. 2015
Nathan L.	Forest Lakeside	2. May. 2014
Dave O	Sunday Morning	4. May. 1998
Stu S	Centennial Group	5. May. 1980
Wayne J.	Lambton Central	6. May. 1987
Leon J.	Murphy Road	6. May. 2014
Tony D	Thedford	8. May. 2005
Paul C	Monday Morning	8. May. 1982
Ron B	Thedford	13. May. 1987
Brandon R.	Lambton Central	17. May. 1993
Jane J.	St. Peter's	17. May. 2013
Don R.	St. Peter's	24. May. 1969

Butch M.	Hub Group	1. Apr. 1978
Bob D	Sunday Morning	1. Apr. 1984
Jack S.	Forest Lakeside	1. Apr. 1966
James, A.	Beginner's Reflections	3. Apr. 2004
Gary M.	Lake Huron	3. Apr. 1991
Ian S.	Hub Group	3. Apr. 1991
Janine M	Monday Morning	4. Apr. 2011
MaryJo C	Monday Morning	5. Apr. 1994
Line M.	Forest Lakeside	6. Apr. 2003
Scott M.	Hub Group	7. Apr. 2015
Bo O.	High Noon	15. Apr. 1978
Louise A.	Lake Huron	23. May. 2005
Brian W	Men's Group	24. Apr. 2010
Kim McM	Thedford	24. Apr. 2014
Christine D.	Watford Group	25. Apr. 2015
John B.	Forest Lakeside	25. Apr. 2013
Lynne W	Serenity by The Lake	29. Apr. 2004

March 2016

SUN	MO	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2016

SU	MO	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2016

SUN	MO	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

It is the responsibility of each group to communicate birthday updates to the Newsletter Chairperson.

District 14, Area 86
Sarnia Lambton
Alcoholics Anonymous

Phone: 1-519-337-5211



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with an sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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District 14, Sarnia Lambton Announcements

- ◆ The Friday Night committee is asking for any groups to help out with hosting and setting up for each month in 2016.
- ◆ **JACK S.** will be celebrating 50 years of continuous sobriety April 1, 2016 at the Friday Night Open.
- ◆ **Pre Conference Spring Assembly March 18th, 19th & 20th 2016**

Rooms are booked under Group Reservation
Western Ontario General Service
Rooms must be booked on or before February 19th, 2016 in order to receive the preferred room rate. (\$119.00/night + 13% HST = \$134.47)
DoubleTree by Hilton, 300 King Street, (King St & Wellington St. N), London, ON.
Phone 1 519 439-1661
Registration starts at 8:00 am.

This is a member to member publication. The viewpoints expressed here do not represent AA as a whole.

Subscription price: \$7.50 / year for 5 issues.

Submissions to the newsletter are always welcome. Send ideas to: newsletter@asarnialambton.com