



Step Study Meeting

Step 3

Telemeeting Version

v1.0.0.1



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA

of The Path to Healing and Recovery Group

<https://tcr.p2har.org>

info@tcr.p2har.org

toll free : 844-523-8575, ext 10827

Week 1

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

Volunteer reader

The Third Step is a turning point. In taking this step, we find the willingness to allow a God of our understanding to work in our lives. Having accepted both the reality of our disease and the possibility that a Higher Power can help us where our own efforts have failed, we make a leap of faith, turning to that Power for assistance. Our understanding of this Power does not need to be perfect or complete in order for us to take this step. We need only an open mind and a willingness to try something new.

moderator

Taking the Third Step means acting on our belief that a Higher Power can relieve our addiction and restore us to sanity. We loosen the grip on our old destructive patterns, perhaps not knowing yet what will replace them, but in the faith that something better will be revealed. When we surrender our old way of living to a Power greater than ourselves, we don't always know where we're going, but we can be sure that it will be better than where we were.

Volunteer reader

How can we accomplish this turning over? We may be afraid of taking this step. It may even seem impossible to surrender control and allow a caring Higher Power to direct our lives. But it is helpful to remember that all we are doing is making a decision to turn our will and lives over. At this point in our program, we are simply willing to move forward. We decide to make a commitment to recovery, and to our spiritual growth. For most of us, the actual turning over of our will and lives to the care of God will take place gradually, through working the remaining nine steps.

moderator

The Third Step invites us to turn our will and lives over to the care of God, not the control of God. We are not abandoning ourselves to the direction of some powerful taskmaster forcing us to do things that are not of our own choosing. Instead, we become open to making new choices for ourselves in the light of a Higher Power's transforming love and care. Turning our lives over to the care of the God of our understanding offers a way of gentleness and compassion. We do not have to obsess about the past or worry about the future. We can turn our attention to the present, where we really live, and become open to new solutions. We are free to

make different choices, gradually learning to care for ourselves as our Higher Power cares for us.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

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,
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,
and Thy Way of Life.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 2

Volunteer reader

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

Taking this step, we become willing to walk through all experiences and emotions, including painful and difficult ones. We discover that turning our lives over is not the end of our problems, but a way of seeing our difficulties in a new light—with a developing sense of trust that solutions are possible.

moderator

In this step, we turn our will and lives over to God as we understand God. This means that we each have the opportunity to develop our own understanding of God, and the right to grow and recover in ways that match this understanding. No member or group can impose a belief about our Higher Power on us. We are free to develop our relationship with this Power in whatever ways work best for us, and at our own pace. Our concepts of God and spirituality may also change over time, as our life in recovery progresses. This freedom of understanding has opened the door to spirituality for many of us who thought we would not, or could not, be spiritual.

Volunteer reader

With small but significant actions, we can work Step Three by establishing a commitment to the program. For example, many of us decide to make going to meetings a priority, and schedule them into our lives regardless of circumstances. We commit to attending, whether or not we feel like going. We come to believe that it is God's will that we not act out. In this way, we give up debating about how to handle our addiction and simply do what is right according to our program. We work the Third Step whenever we choose recovery over addiction.

moderator

At this point, we may also begin to practice opening ourselves up to the guidance of a Higher Power. For many of us, these are our first rudimentary attempts at prayer. We may ask for our Higher Power's help in staying abstinent today and working our program of recovery. We may ask for insight into how we can be of use to others and carry out God's will. Our specific words are less important than our willingness to make contact with a Power greater than ourselves and to let God's care into our lives.

Third Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Take my will & my life,
Guide me in my recovery,
Show me how to live.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 3

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

Volunteer reader

To make the Third Step decision is to surrender. We give up the belief that our intellect, our knowledge, our judgment, and our will could successfully guide our lives. We accept that the control we thought we had over our lives was an illusion. This profound surrender of old beliefs, habits, and behaviors is something we learn to renew every day. We reaffirm our decision to turn our will and lives over to the care of the God of our understanding, not seeking an unattainable perfection, but acknowledging and affirming the progress we make in recovery.

moderator

With surrender, we say goodbye to our old way of life and prepare to make a transition to the new. Letting go of our addiction can be like losing a familiar friend. For most of our lives, our addiction was there to comfort us and distract us from our problems. Facing life without acting out involves feelings of grief and loss. But it can be done, through faith in a Power greater than ourselves, and in the company of others who walk the same path.

Volunteer reader

From time to time we may find ourselves “taking back” our will—attempting to control things again by only surrendering in certain areas of our lives and not in others. We need not be discouraged by these experiences. As long as we believe in the process of recovery, and have the willingness to learn and grow, we can return to Step Three and recommit to our spiritual program.

moderator

When we make a decision to turn our will and our lives over to the care of the God of our understanding, we begin to notice signs of growth and transition, evidence that the program is working. We find ourselves being more honest, more willing to share the truth about ourselves with others. We attend meetings consistently, making room in our lives for the fellowship. We ask for and accept help, reaching out to other recovering sex addicts on a regular basis, instead of living in secrecy. We may experience abstinence from our inner-circle sexual behaviors as a gift from our Higher Power rather than as the result of our own white-knuckled efforts. We start to value and enjoy a new sense of spirituality. We feel grateful for our recovery and for the gifts we are starting to receive from our Higher Power.

Volunteer reader

Reflecting on our progress thus far, we may begin to feel both relief and a new faith that the program can work for us. A growing sense of community within the SAA fellowship, and a newfound ability to live in the moment under God's care, gives us the courage to go forward in recovery. With the help of our sponsor, we are ready to take stock of ourselves, to reflect profoundly on our past and on the defects of character that keep us from fully turning our will and our lives over to the care of God. The decision has been made, and the work of fearless self-exploration can begin. We move on to Step Four.

moderator

Third Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

God.

I offer myself to you

I give up on running the show...

I give up on playing God in my life....

I'm done running the show!

Please, You be the director...

the boss, the father I long for....

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 4

Week 4 will always be the week we have a business meeting. Starting with January, the first two business meetings will be brief and held at the beginning. Every 3rd month - starting with March, there will be a longer full Business meeting and Group consciousness meeting. The full business meetings will be held on the 4th Tuesday of March, June, September, December

The months of the full Consciousness Meeting Agenda, the agenda can be found on the last two pages of that months booklet.

Brief Business Meeting Agenda

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Week 4/5

At the descretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Week 4/5 Step Reading

moderator

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

What Is the Purpose of This 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.

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

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

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.

If Step related discussion questions format selected start here

Step 3 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. What Does Higher Power Mean? Addictive and compulsive behaviours aside, behaviors aside, in what ways has my life been insane and unmanageable? In my home? In my relationships? In my work? In my relationship to God?
2. To what extent has my emotional, social and/or spiritual immaturity caused this insanity? What skills have I lacked in order to act on life in a healthy way?

3. What are some healthy things I am able to do today to act on life without turning to addictive substances or behaviour? How have my emotional, social, and spiritual skills matured since I started working this program?
4. Looking at your past experiences with religion and God, what are the "demons of the past" that you have had to overcome, or are still working to overcome, in order to define your Higher Power?
5. What experiences have you had or actions have you taken that have helped you to come to believe that there is a Higher Power working in your life. If you have not yet come to this belief, what actions might you take in order to believe?
6. Discuss how it is that Honesty, Open-mindedness, and Willingness have helped you (or can help you) to find a faith that works under all conditions.

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

First Step Prayer

I am but one, but I am one;
I can't do everything,
But I can do SOMETHING;
What I can do, I ought to do,
What I ought to do,
God helping me,
I WILL DO

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

