

2

MISSING

10 4 5

a periodic anesthetic, these life problems may seem at first to be more difficult and painful than ever. They can appear to be impossible and overwhelming. That's why we have Step Four.

3rd Step Prayer

God I love thee, God I love thee, Yes I love thee, love thee more each day. Show me the way, show me the way I may help others. Show me the way to help others, cause I know it to be your way.....

I know not where I'm going
Just where I have been
My legs are growing weary
My war is at its end
I'm tired of running
Running constantly away
I am an old man
in my younger days

Lord, help me to serve thee, Lord help me to serve thee, to serve thee every day.. Jesus guide me ~~and show me the way~~, guide me, Dear Jesus guide me and show me the way.

Here I stand in my surrender
Do with me what you may
For you are the potter
I am the clay—

—John

We find ourselves having a good time clean and sober. Then we had a good day every few days. Friends come in to our lives. Peace and serenity start to occur, and some really neat events occur in our lives. We start to feel at home like we have never been in our wretched lives, and then our first conscious contact with a power greater than us, clean and sober, what a thrill that is. New power flows in and keeps on coming in, some times sporadically, sometimes steadily. Before we had found ourselves failing we find our little asses taking on new challenges and succeeding. we get all caught up in our new undertaking and when in them we have doubts about ourselves and feel like we've failed again that were always failing and that were no good for anything and what will become of us. It is a good opportunity. To take a look at the human condition, at our spiritual condition.

I knew, from what N.A. members with anger-- long terms of total abstinence have told me, that if I isolate myself with anger then I am cut off from help of God, people and spiritual principles. I can not win alone against ~~drugs~~ drugs. I need God, N.A. people and the steps to help me. I can not live long on self will and so I pray that "God protect me from myself and thy will not mine be done in me and through me." The important thing about praying is to mean it and really surrender my will, "Not mine!, but thine! O'Lord, be done in me and through me."

I used to have to retreat when things got rough. Now I don't I can surrender and when I let go I let go I can easily do it, but I don't. My worst problem is I'm an addict and I'm a group least as much as

STEP 3 -16-

(47)

Step three requires a basis in belief and if this or any step gives you trouble, go back to the one before it. Generally, if we are fearless and thorough enough, we can find something that we have left out and ~~thereby~~ having then completed that step we are ready to go on to the next one. Obviously we can't turn our lives and will over to the care of a God we don't believe in or a God we don't trust to restore us to sanity. ~~When~~ When we take this step it will fill the hole in the gut. There will be certain indications that we are no longer doing it alone and we will find ourselves coping in areas that have always before been roadblocks to our progress. Some of our main troubles will be worked out in ways that will surprise and we will find ourselves faced with problems of acceptance of the ~~things~~ progress we have so long sought unsuccessfully. We must now learn to let go and let God, however we may understand Him, lead us in the way of our new life. This is spiritual truth and many of the people in the program can share specific experiences with you if you ask them to. Even for those who have worked the second step completely, this step is a bit exciting. We gotten along so long without the comfort of spiritual strength that it's really a test of our belief to accept this new relationship. Just keep it simple and practice the principles of honesty, openmindedness and willingness to try and it will come to you a day at a time. Generally someone who can say that they have turned their life and will over to the care of their higher power will be telling the truth, and this is the main difference between those who have taken the step and those who have not. For most of us the changes have been gentle and qualitative. Our capacity to be grateful and

STEP 3

(48)

In the Third Step we snatch our life away from drugs and put it where it belongs. This is the Third Step of the N.A. program:

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

This is a giant step. But anyone can take it. You don't have to be religious. You don't have to believe in God. You have only to believe what you see with your own eyes in the transformed lives of N.A. members and have a desire to get well. That's all it takes--an open mind. If the word "God" bothers you--substitute recovery or Good or love or N.A. or peace--anything positive, just so you mean it.

None of these steps work by magic. You don't say the words of the steps, like a stage magician pulling rabbits out of a hat. They work when they are lived. But they are easier to live by than the law of the needle or the law of the pill or the law of the bottle. If you want to get well, if you are willing to do the few simple things necessary to get well, if you will be honest with yourself in this endeavour; it is guaranteed that you will get well. Nobody expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others. The Third Step does not say "We turned our will and our lives over to the care of God", it says "We made a decision to turn our will and our lives over to the care of God as we understood Him." We made a decision. Drugs did not make that decision. Our wife, our probation officer did not make that decision. We did. This is the first action we take in this program. For the first

STEP 3

(49)

time, we make a decision for ourselves. If you understand God to be simply whatever keeps the rest of us clean and sober that's fine. Ask that power to take care of you as it cares for us--even if it makes you feel stupid. Go off by yourself and say silently, "God, I've made a mess of my live. I can't solve my problems so I'm asking you if you'll please take care of me and show me how to live a good, happy life."

If you honestly try it, it will work. Many of us start our day with that or a similar plea every day. "Thy will be done."

In this Third Step, we simply recognize that there is a force for good in the world and we cooperate with that force. We let good things happen to us. Every action we've ever taken in regards to drugs was taken in an effort to get comfortable. And it didn't work. Our way did not work. So we are going to try another way. We are going to try to let God, as we understand Him care for and direct our lives.

If we have come this far in the N.A. program, we have already noticed some change in our lives. Of course, the change is probably not as fast nor as dramatic as we could wish. We turned to drugs in the first place because we were people who wanted instant happiness or instant comfort and the drugs seemed, for a time, to provide it. We may be impatient for change. Impatience may be one of our life problems. Many of us expect that as soon as we stop taking drugs, all of our other troubles are going to disappear. If you have been around long enough to get through the first three steps, you have probably discovered this isn't so. There are still bills to be paid, people to get along with or without, fears and ills to be dealt with. In fact, now that we are facing life without

The addicts ability to transfer his dependence on drugs to reliance on a Higher Power of his own choosing can be the all-important factor in his withdrawal. For, although N.A.'s primary purpose is to help problem drug users achieve and maintain sobriety, the same N.A. techniques have helped N.A. people toward the solution of many other personal problems. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual-not religious-program, known as Narcotics Anonymous.

If you honestly try it, it will work. Many of us start our day with that or a similar plea every day. "Thy will be done."

In this Third Step, we simply recognize that there is a force for good in the world and we cooperate with that force. We let good things happen to us. Every action we've ever taken in regards to drugs was taken in an effort to get comfortable. And it didn't work. Our way did not work. So we are going to try another way. We are going to try to let God, as we understand Him care for and direct our lives.

If we have come this far in the N.A. program, we have already noticed some change in our lives. Of course, the change is probably not as fast nor as dramatic as we could wish. We turned to drugs in the first place because we were people who wanted instant happiness or instant comfort and the drugs seemed, for a time, to provide it. We may be impatient for change. Impatience may be one of our life problems. Many of us expect that as soon as we stop taking drugs, all of our other troubles are going to disappear. If you have been around long enough to get through the first three steps, you have probably discovered this isn't so. There are still bills to be paid, people to get along with or without, fears and ills to be dealt with. In fact, now that we are facing life without a periodic anesthetic, these life problems may seem at first to be more difficult and painful than ever. They can appear to be impossible and overwhelming. That's why we have Step Four.

5 1 2 3

(51)

This is a giant step. But anyone can take it. You don't have to be religious. You don't have to believe in God. You have only to believe what you see with your own eyes in the transformed lives of N.A. members and have a desire to get well. That's all it takes--an open mind. If the word "God" bothers you--substitute recovery or Good or love or N.A. or peace--anything positive, just so you mean it.

None of these steps work by magic. You don't say the words of the steps like a stage magician pulling rabbits out of a hat. They work where they are lived. But they are easier to live by than the law of the needle or the law of the pill or the law of the bottle. If you want to get well, if you are willing to do the few simple things necessary to get well, if you will be honest with yourself in this endeavour; it is guaranteed that you will get well. Nobody expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others. The Third Step does not say "We turned our will and our lives over to the care of God", it says "We made a decision to turn our will and our lives over to the care of God as we understood Him." We made a decision. Drugs did not make that decision. Our wife, our probation officer did not make that decision. We did. This is the first action we take in this program. For the first time, we make a decision for ourselves. If you understand God to be simply whatever keeps the rest of us clean and sober that's fine. Ask that power to take care of you as it cares for us--even if it makes you feel stupid.

#0104

CONT'D from

last issue. Step Three 

You can see that N.A. works, because you see the people it works for. You have admitted and accepted that you need help. That brings us to the Third Step.

All the time you've been an addict, your will, your life itself has been controlled by drugs. Your choices have always been determined by drugs. You've had to be where you could get them. You've had to be nice to whoever had them. You had to have the money to obtain them: in the case of the illegal drugs--quite a lot of money. Then, when you get your drugs and the search is over for a few hours or a few days you eat, drink, inhale or inject your drug. Then your mind, your body, your soul--your total being is dominated by that drug. For a while, it may be pleasurable, at least in the early stages of addiction but ultimately, the affect begins to wear off and the drug begins to show its other side. One of the strange facts about drugs is that the higher they get us when they come on, the lower they bring us when we're coming down. When our nerves begin jangling like a fire alarm, we have two choices. We can live through a period of discomfort or we can take more drugs. For an addict, at some point in their career, there is no longer a choice. We get more drugs. Can you see that whether you steal these drugs or buy them you are being controlled by them? Whether you are under the influence of drugs, trying to find drugs or leaving town because of something you did in your effort to stay loaded, your actions, your will and your very life are being directly controlled by drugs.

In the Third Step we snatch our life away from drugs and put it where it belongs. This is the Third Step of the N.A. program:

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

(3) A profound & dramatic spiritual experience might be the answer. I agree. We also not think this. But they are very real.

The third of N.A.'s Twelve Steps says, "Made a decision to turn our will and our lives over to the care of God, as we understood Him." All men do not understand God in the same terms and N.A. neither defines nor suggests any concept of a Higher Power. That is up to the individual.

4 B-3 step

Everything I did was to no avail
until I gave it to a power greater than
myself, which I choose to call God.
Simple Basic Program. step
It Works

If you honestly try it, it will work. Many of us start our day
with that or a similar plea every day: "Thy will be done."

the individual becomes willing to surrender his will to
(in the language of N.A.'s Second Step) a "Power greater
than ourselves". It is simply that

The Third Step does not say "We turned our will and our lives over
to the care of God," it says "We made a decision to turn our will
and our lives over to the care of God, as we understood Him." We
made a decision. Drugs did not make that decision. Our wife or
our probation officer did not make that decision. We did. This
is the first action we take in this program. For the first time,
we make a decision for ourselves. If you understand God to be
simply whatever keeps the rest of us clean and sober that's fine.
Ask that power to take care of you as it cares for us--even if it
makes you feel stupid. Go off by yourself and say silently, "God,
I've made a mess of my life. I can't solve my problems so I'm
asking you if you'll please take care of me and show me how to
live a good, happy life."

Go off by yourself and say silently, "God,
I've made a mess of my life. I can't solve my problems so I'm ask-
ing you if you'll please take care of me and show me how to live
a good, happy life."

Their Power--collectively, is certain-
ly greater than that of any individual member.

3rd step we became willing to turn
our will & our lives over to the
care of God as we understood Him,

my life and will
as well as my resentment
and obsessions, etc.
to say I will, that I
will never.

3rd step means just
simply a decision to
agree that God has
been ~~keeping~~ keeping me
alive and to consciously
~~give him credit for~~
be thankful (I grateful)
to him, and that I
am free not under
his domination but he
will simply care for me
and I don't have to do
it myself with my
addictive personality and
humanness. My responsibility
is to let go & let God
do for me what I
~~can~~ can not do for
myself.

4th step

1. Made a decision
2. Let go, let go
3. Thy will be done, not mine
4. Turning it over

3rd STEP PRAYER

I KNOW NOT WHERE I'M GOING
JUST WHERE I HAVE BEEN
MY LEGS ARE GROWING WEARY
MY WAR IS AT ITS END
I'M TIRED OF RUNNING, ~~RUNNING~~ ~~ON~~
RUNNING CONSTANTLY AWAY
I AM AN OLD MAN
IN MY YOUNGER DAYS
HERE I STAND IN MY SURRENDER
DO WITH ME WHAT YOU MAY
FOR YOU ARE THE POTTER
AND I AM THE CLAY

step #3

actions (sometimes verbal amends is not enough, you can make amends by caring for people, reaching your hand out to another addict, etc.)

You are making amends to yourself by making amends ^{for} to others

Rewards for Making Amends

- Burden lifted off of shoulders

- Making amends is not always easy, sometimes we go through a lot of pain and grief, but the cleared conscience and the feeling of having the burden of our past lifted off of our shoulders, is worth the effort.

Fear is a big stumbling block to making this step. ~~One~~ One way of overcoming fear is getting in touch with your higher power, ~~reaching out~~ ~~to~~ ~~your~~ ~~higher~~ ~~power~~ ~~and~~ ~~asking~~ ~~for~~ ~~help~~ ~~and~~ ~~direction~~ ~~and~~ ~~having~~ ~~the~~ ~~faith~~ ~~to~~ ~~follow~~ ~~that~~ ~~direction~~.
 meetings, getting direction, and having the faith to follow that direction.