

Step Three Principle: FAITH

Faith and the Big Book

The term **FAITH** appears 62 times in *Alcoholics Anonymous*. Although *The Little Big Book Dictionary and Concordance* provides several definitions for how the term is as used in the Big Book, the one that resonated with me when I first came to OA was a "firm belief for which there is no logical, material, or absolute proof." I just had to be willing to believe. Then I read AA's *Came to Believe*. I thought that if all those people found a Higher Power that they trusted, I would have **FAITH** that a Higher Power could help me.

I am grateful today that I no longer need **FAITH**. Why not? Because I have absolute proof that my Higher Power exists. Day after day for 15 years, my Higher Power loves me, wants what is best for me, takes care of me, provides me with what I need, and continues to bless me with a life beyond what I could imagine for myself. My job is to TRUST my Higher Power and do the footwork to maintain our relationship!
~Michelle S.

Faith in my higher power has been built by the hard events of life. I was facing surgery, and all the associated terror. There was a complication with the surgeon I wanted. I trusted that surgeon. So, I was still dropping notes to my doctor for a referral. My tensions rose. I finally realized I had no choice, except to return to what worked in early recovery. I did a fear inventory. I prayed. Finally, I accepted I was powerless over this. At that point, I could totally surrender. I turned the choice of surgeon over to HP. Almost immediately, I got word that the surgeon I wanted was available. All I did was turn it over, and let God handle it. Faith built by experience.
~Becki B



Today I am even at peace about not being at peace because I KNOW God will guide me through it. I just stop and say the Serenity Prayer, the St Francis prayer, the Step 3 and Step 7 prayers, and so many more. They instantly bring me back to God. Sometimes I have to say them over and over and over again to remind me what this journey is all about. When I am at my best, this happens automatically. When "self" is talking, it takes effort! Silence makes more sense than words. I become connected to God, and to others, through prayer and meditation. ~Janet R.



It doesn't take much. I've heard some folks say that if we have just a teeny tiny seed of faith, that's enough to grow a tree. I've seen that happen. I don't have a tree yet, but it's shrub-size. I've always had a belief in God, but during my time in this Program, I've learned more about that relationship. Initially there wasn't much conversation. Even though I'm quite a talker, I somehow became shy in prayer. Wasn't sure what to say. When I learned that I could ask for Help with my compulsion to overeat, somehow that untied my tongue . . . I've been chatting with my Higher Power ever since. Without the spiritual nature of this Program, abstinence would only be a fancy word for a diet. Those never worked for me . . . but the spiritual nature of this Program and that little seed of faith I brought with me has taught me to grow into a close and conversational connection with God. It's that faith that set me free. ~Joy V'M

Editor's Note: The focus for the April newsletter will be the principle for the Step Four – **COURAGE**. Your submissions will be gratefully received when you send an email to newsletter@oasouthernaz.org by April 15th.