



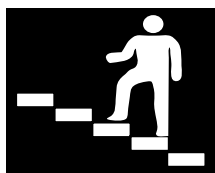
Let Go and Let God Healing Service Newsletter

Volume 1 No.1 September 2010
Editor Adele Harris

Message From The Minister

Welcome to the first edition of Let Go and Let Go Healing Service Newsletter. As a Minister of the Quimby Memorial Church in Secaucus, I recently started a non-sectarian healing service for people recovering from addiction and other health conditions. My sermons include Bible readings of the Old and New Testaments along with the healing philosophy of the 12 Steps of Alcohol Anonymous. Deacon Martin Hildebrand conducts prayers of intention and anoints the congregation with healing oil and musical accompaniment is provided by Music Director John Bauers and other musicians. Please come and join us in a very uplifting experience the first Saturday of every month, at the Episcopal Church of Our Saviour, 191 Flanagan Way, Secaucus, NJ at 2 pm. All are welcome.

Reverend Craig Harris
www.thecosmicdancer.com



STEP 3 Made a Decision to Turn My Will and My Life Over to the Care of God as We Understood Him.

Opening Up to Step Three

By D.G. - Parker, Colorado

One of the benefits of regular attendance at Step meetings is that it allows us to take a look back at our history with a Step. My growth on each Step has usually been slow and gradual, much as the Big Book describes the “typical” spiritual experience. Step Three especially has been like that, as I have made small efforts to understand that Step and incorporate it in my daily life.

The subject of God or the Higher Power was one that I thought I had neatly disposed of long before AA. If I told enough people that there probably wasn't a God, and that I refused to accept the idea, that would be enough, I thought; I wouldn't need to deal with Him. I would quote the names of intellectual books and authors that I had heard of and in some cases had even read (in part).

About three years into sobriety, I was fortunate enough to read the AA booklet *Came to Believe*. . . Near the front is a suggestion that we set aside our spiritual prejudices long enough to see whether we can be helped. I had just enough self-honesty at that point to realize that I was proceeding in life on some shakily constructed premises in areas that seemed to be vital. Next came a realization at a meeting that perhaps the “God people” were right and I might be the one who was missing out on something basic and real. I can say that my first true open-mindedness about God came as a result of pure self-interest. That began a journey into Steps Three and Eleven, which have become the basis of the hope I have today for some real peace of mind and serenity.

Since then, I have been able to identify at least four distinct reservations that I had about this idea of turning over my will and life to the care of God as I understand Him. I define my will as everything I think and desire. My life consists of the material aspects, such as people and things.

First I feared Step Three because I thought it would mean that I would have to be different from most of the people I knew. For an ex-people-pleaser, that was not a happy prospect. I was the kind of person who worried that some waitress or clerk might not like me and appreciate me for my uniqueness.

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Next came the concern that if I made some sort of commitment to a spiritual way of life, then those “out there” – the big “they” – would ridicule me. (To say that sensitivity has been a problem for me is a gross understatement. Evidence of that has been my problem with bosses and my wife: They are too likely to point out my shortcomings.)

Third was the fear that spiritual commitment meant losing control of the details of my life. My awareness of that reservation came from work on Steps Six and Seven. The discussion of our reluctance to give up some defects caused me to realize that only God could remove them, only in His way, and only if I allowed Him. I got the idea that He would remove the ones He chose, and I realized that I was afraid to let Him into my personal life. I feared that He might think it better for me to be poor. Also, I wasn’t certain what His views on sex were.

The fourth area of reservation was harder to see and took more Step work than the others. After a lot of self-inventory and Big Book study meetings, I began to see how strong my doubts about myself were. Like any good alcoholic, I had hidden those doubts behind a façade of words and actions. In one prolonged experience with a particular group, we identified a common fear we all had – of the “fatal flaw.” This was the fear that we might have some defect too deep and ingrained to be fixed by any amount of program work, and someday it would trip us up.

I realized that I had carried that fear over into my relationship with God; I was afraid that I might make a commitment and be unable to stick with it. This fear of failing my Higher Power was based on my continual forgetting that he does all the work, and I need only to show up daily and follow instructions. It has helped me to take the advice in the Big Book and the “Twelve and Twelve” – to seek out what others have to offer in my search for that “conscious contact.”

Today, Step Three is how I show up for those daily directions and Step Eleven is how I take the action needed to assure another day without drinking. Recently, my action on Step Eleven was to write on three-by-five cards what the chapter on that Step suggests we do upon rising and during the day when agitated or doubtful. Carrying those cards helped me to remember to do those things more often than before.

I now realize that the reservations I had about Step Three were what got me going and moving toward my dreams, which this wonderful program has made realities.

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Church Calendar

Let Go and Let God Healing Service

Quimby Church

191 Flanagan Way – 2 pm

Saturday, September - 4 The Meekness Within Humility

Saturday, October 2 -The Way of Non-Blaming

Saturday, November 6 - The Eternal Moment of Now

Saturday, December 4 - The Birth of Christ Consciousness

Ongoing Classes

Quimby Church Office

174 Front Street

Every Wednesday morning

Prayer Group – 9 am

Every Thursday evening

Bible Study -- 7:30 pm

Quimby Memorial Church is a Christian based group affiliated with the Divine Science Church in Washington DC that helps to interpret and apply the teachings of the Bible in everyday life. Visit its website: www.quimbychurch.com

What God Is Like

By James Dillet Freeman

I did not know what God is like
Until a friendly word
Came to me in an hour of need –
And it was God I heard

I did not know what God is like
Until I heard love’s feet
On errands of God’s mercy
Go up and down life’s street

I did not know what God is like
Until I felt a hand
Clasp mine and lift me when alone
I had no strength to stand.

I did not know what God is like
For I have seen the face
Of God’s son looking at me
From all the human race.

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