



South Potomac

# NEWSLETTER

March 2023

We turned our will and lives over to the care of  
God as we understood him

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Keep Coming Back  
Group is BACK!!!

Beginning Tuesday,  
February 14th Tuesday  
nights

Time: 7:15 – 8:45

New Location:  
7911 Allentown Road,  
Fort Washington, MD.

Discussion:  
A Spiritual Principles A  
Day Book



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God as we understood him

# "One Recovering Addict's Experience With The 3rd Step'

The steps are written in order for a reason.

In order to get to step #, I had to work on the first 2 steps. I made a honest admission that I was powerless and as a result my life had become unmanageable (step 1), then I had to come to believe that a power greater than me could restore me to sanity (step 2) Then after that, I made a decision to turn my will over to that power as I understood him. This step is an action step and you will find yourself turning it over many times throughout the recovery process.

This why we suggest you get a higher power and use that power on a regular basis.

That power has to be loving, caring and greater than you are. Once you make

That decision there will be times where you will be tempted to take your will back.

My experience has been when I do that I cause more harm than good, more stress and anxiety than peace. I find that when I'm in Gods will I'm more at peace, I have less stress and things have a tendency to work out in accordance to his will.

Though not always the way I planned, they do work out! I know that making that decision in difficult times and stressful situations my perspective changes and I become open minded to what God may reveal to me. So if you're new please take the suggestions give yourself a break and give God, this program and the fellowship a chance to help you to get better a day at a time. This program really works if it worked for an addict like me, it will work for you!

Love and Respect,  
Rob S. 8/13/93  
East End Area, Georgia



## Being of Service

Our relationship to Service and the way we express it changes as our humility deepens. The desire to serve is a manifestation of freedom of self.

Anonymity is a key principle in selfless service . When we learn to give selflessly to those who suffer and to a power greater than ourselves, we find happiness purpose and dignity.

~ Living

Clean pg.242

Sunday Afternoon  
Meeting  
Capitol Heights, MD,  
20791  
Zoom Meeting ID: 202  
999 2020; Passcode:  
hope

