

# Kent County Central Office

## Newsletter

February 2021

4920 Plainfield Ave NE, Suite 19  
Grand Rapids, MI 49525  
Office (616) 913-9216 (M-F, 1-5 PM)  
A.A. 24-hour Hotline (616) 913-9149  
Website: [www.grandrapidsaa.org](http://www.grandrapidsaa.org)



Note: Inclusion of articles and announcements in Central Office News does not constitute A.A or KCCO endorsement. Rather, members of the fellowship of Alcoholics Anonymous have been encouraged to share their experience, strength and hope through this humble periodical. Opinions expressed are those of the writer unless otherwise noted. The Kent County Central Office makes these announcements solely as a service to the reader, not as an endorsement.

**MISSION STATEMENT** The mission of the Kent County Central Office Newsletter is to serve Kent County and the surrounding A.A. community, in four ways. 1. *To carry the A.A. message* 2. *To inform our readers.* 3. *To provide a forum for discussion of A.A. principles* 4. *To provide service work opportunities for A.A. members.* **Need to find a meeting? Go to the Website [grandrapidsaa.org/meetings](http://grandrapidsaa.org/meetings)**

If you want to get the KCCO newsletter send an email to [KCCONewsletter@gmail.com](mailto:KCCONewsletter@gmail.com) include your email address

**NOW THAT WE ARE OPEN FOR REGULAR BUSINESS –  
WE NEED SOME SERVICE WORKERS!! CALL NOW!**

**KCCO desperately needs volunteers for the 24-hour AA hotline.**

**We need a one-month commitment of 4 hours every week.**

**Morning and afternoon shifts available.**

**Call Steve 616-913-9216**

# **Spring Roundup News**

**April 24, 2021**

**Saints Peter and Paul Church, Grand Rapids, MI**

**DETAILS TO FOLLOW**

**Please mark your calendar**

“Thank You” to all of the Groups who donated in January.

Cedar Springs AA

North Kent Bible Sunday Group

3<sup>rd</sup> Tradition

Lifestream - Way of Life

Breton Rd Early Birds

Ionia Noon

Expect A Miracle St. Anthony's

Primary Purpose

Cherry Valley

And all the individual donations that came in via PayPal too! We know many of these were from groups and if you'd like your group to be credited for these donations please call the office at (616) 913-9216.

## February 2021

# “Came to believe that a Power greater than ourselves could restore us to sanity.”

I love all of the 12 steps of AA, but step two is the one that gives us hope. With step two we learn that we are not alone, and that something greater than ourselves can help to conquer addiction and despair.

Becoming a sober person, free of your addictions means a restoration to sanity. In AA we learn that by working the 12 steps the restoration is happening in part because addiction and it's accompanying insanity are not controlling our lives anymore.

### STEP TWO OF AA: A POWER GREATER THAN OURSELVES

All of the words of the 12 steps are very specifically chosen, which is another thing I really love about working with them. The second step doesn't say "We came to believe in a power greater than ourselves" it says "We came to believe that a Power greater than ourselves could restore us to sanity." That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of AA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.

### STEP TWO OF AA: QUESTIONS

As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe, a power greater than ourselves, restoration to sanity and spiritual principles:

- **Did you make insane decisions as a result of your addictions?**
- **Do you have any fears about coming to believe in something greater than yourself?**
- **What does "we came to believe" mean to you?**
- **What experiences have you heard other recovering addicts share about their process of coming to believe and have you tried any of them in your recovery/life?**
- **Do you have a problem accepting that there is a power/powers greater than yourself?**
- **What evidence do you have a "higher power" is working in your life?**
- **What are some of the things you consider good examples of sanity?**
- **What changes in your thinking and behavior are necessary for your restoration to sanity?**
- **Why is having a closed mind harmful to your personal recovery?**
- **How are you demonstrating open-mindedness in your life right now?**
- **What fears do you have that are getting in the way of your trust?**

- **What do you need to do to help let go of the fears?**
- **Are you seeking help from your sponsor, going to meetings and reaching out to other recovering addicts? If so what are the results?**

## **STEP TWO OF AA IN OUR LIVES**

I have come to believe that by being in the fellowship of AA, with the aid of the 12 steps, that I can walk through the painful times in recovery knowing that an end is near, this too shall pass and there is always light at the end of darkness, as I stay clean and continue to work the steps. But it's important to remember that step two, like all of them, is a process, not an event.

As a southern California native I've come to believe in all kinds of things that are energetically spiritual, where there are parallels in each to sobriety and they complement each other beautifully. Surfing and sobriety as a combination is mind blowing. It just doesn't get much better than standing on top of a wave in the vast and powerful blue water, looking out over the horizon and enjoying the ride...sober.

Life and sobriety are kind of like surfing; sometimes there are is a lull and gentle waves, other times the crashing ferocity of huge swells! Both require patience, humility, and presence, forgiveness and a faith or trust in something uncontrollable, and much bigger than me.

© Jason Wahler2021 All Rights Reserved

# **FRIDAY NIGHT SPEAKER MEETING**

**COME ONE.....COME ALL  
PUBLIC WELCOME**

**LOCATION: THE NORTH ALANO CLUB**

1020 College Ave, NE, Grand Rapids, MI (Lower Level Balcony)

Phone 616-456-5709

**Friday, February 5, 2021, 7:00 pm**

**Speaker: Bradley S**

**Home Group: Balcony Noon**

**Friday, February 12, 2021, 7:00 pm**

**Speaker: Michael W**

**Home Group: Tues Night Men's Stag**

**Friday, February 19, 2021, 7:00 pm**

**Speaker: Nancy**

**Home Group: St. Paul's Early Risers**

**Friday, February 26, 2021, 7:00 pm**

**Speaker: Alicia**

**Home Group: Young People's**

**Sponsored by Kent County Central Office**

4920 Plainfield NE, Suite 19, Grand Rapids, MI 49525

For any information call: **616-913-9216**