

COURAGE TO CHANGE THE THINGS WE CAN

In my first year of sobriety I prayed the full version of the serenity prayer every morning bedside on my knees. Long version notwithstanding, the part of the prayer that I continually struggle to apply is the second line, “Courage to change the things I can,” because it requires more than acceptance, willingness and trust in a higher power—it asks that I let go of FEAR and take ACTION.

The principle behind the fourth step is courage. It takes courage to admit we have a problem, enter the rooms of AA, ask for help and put down the drink. So we all come into AA with a fair amount of courage even though it may not feel that way. Taking a moral inventory requires tremendous courage. Making amends and cleaning out the wreckage of the past requires fearlessness. But although it helps, a list of defects and making my amends didn’t lead me to a happier life, to a better version of myself. If I want life to improve and to experience the joy of living, I have to make actual changes in my everyday and long-term behavior.

My problem is that even after a few 24 hours I still harbor a lot of fear. The Big Book says fear is the #1 cause of our resentments. And my resentments unchecked eventually lead me back to the bottle.

I drank to feel fearless, but that was false courage—a mask of bravado hiding deep insecurities and a grave desire to please others and fit in. However, there were times before I started drinking when I felt truly free and connected to others, not judged and loved. The miracle of this program is that whether it helps you reconnect with some happiness before chemical high or be born into that space for the first time, AA gives us a way of living with courage and peace and without alcohol. If we are willing to take the actions to make change happen.

I adopted my first puppy a few weeks after I got sober. When I want to remember what simple joy looks like I think of the moment she first discovered snow, leaping into the fluffy powder as if the world had just turned into whipped cream. My world is whipped cream too when I work for it.

I’ve heard in the rooms “Do It Afraid”, that courage isn’t taking action without fear it’s taking action even when we’re afraid. Like a baby venturing away from furniture, sometimes we do things trembling. We fall down on our padded bottom with a quivering lip, then stand back up because safe arms and encouraging words await us steps away. We trust that we will learn to stand and then run on our own. And when we can’t walk or run, a loving higher power will hold and carry us where we need to go. AA reminds me that I possess courage and that I have legs if I want to use them—one step, one day at a time.

Some Things I Had the Courage to Change in Sobriety that Help Me Be Happy, Joyous & Free Some of these are long-term changes, some are every day changes. What are yours?

- I quit smoking.
- I went back to work full time.
- I ask for help.
- I help others (do service work) without expectation of something in return
- I adopted a puppy because I can reliably take care of her.
- I show up for friends when I say I will. I reach out to them, and I ask how they are doing.
- I support my aging parents.
- I try to listen instead of talk.
- I strive to be happy instead of right.



Principle 3: **COURAGE**

Volume 123
April 2024



Save the Dates!

Serenity Sisters

A.A. Women's Discussion Group
Every Tuesday 8-9 p.m.
Community UMC 20 Center street
Naperville, IL
(Located on the third floor.)
For more information,
please contact:
Lisa M. 630-210-6678
Kat W. 779-279-7389

APRIL 17

District 43 Business Meeting
7:00-8:00 pm.
Every 3rd Wednesday
of each month.
Zoom ID: 965 6659 0236
Password: 932879
All are welcome!
**Service positions
are still available!**

APRIL 20

District 43 Bingo Night
6-9 p.m.
Fun for all!
Bingo, games, snacks,
Pizza, sparkling and still water
Community United Methodist Church
20 N Center, Naperville

MAY 11

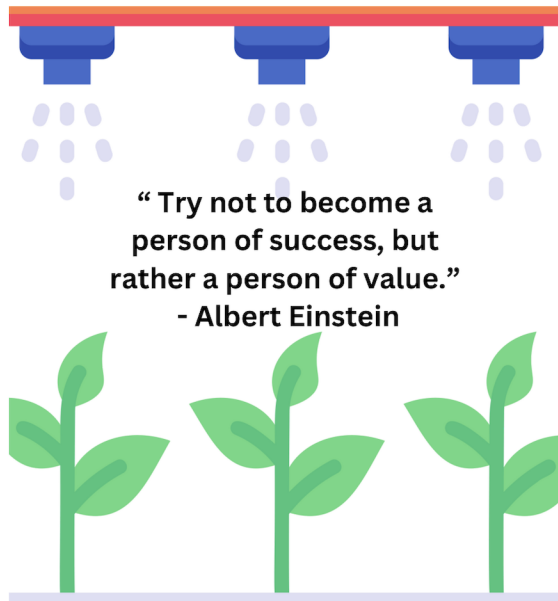
Fox Valley Open
3 speakers
7:00-9:30 pm
Lord of Life Church
40W605 IL Route 38
Elburn, IL

Third Step Prayer:

God, I offer myself to thee to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love, and Thy way of life.

May I do Thy will always.



A.A. GAVE ME THE COURAGE

At times, sobriety requires a fair amount of courage. Whether it was the first time I called someone I barely knew or the first time I made a difficult amends.

These things that I have walked through can be quite terrifying. However, as time goes on, it becomes even more clear that none of this work is solely on me.

My higher power is there for comfort, guidance and strength whenever I need it. As long as I focus on the next right thing in my recovery, I have something out there that can help get me across the line, no matter what the ask.

Aaron F.

The easiest meal ever: dutch oven chicken

Ingredients:

1 bag of frozen chicken breast
32 oz. of chicken broth
(There will be some left over.)
Add 1 chopped onion cut to your fancy. I like to add cut sweet potatoes. Add your favorite seasonings.



Heat your oven to 375 degrees. Add a little olive oil to the bottom of the dutch oven. Chop the onion, put some of the onion in the bottom of the dutch oven.

Add the chicken, as well as enough broth to barely cover the chicken. Add the rest of the onions; as well as veggies on top. Put the lid on the dutch oven. Let it bake in the oven.

Bake until the temperature is at 165 degrees. It takes about an hour and a half. Take out the chicken, and shred. Enjoy dinner with your favorite side dish!



If anyone is interested in writing a front page article, a saying that is your "go to", or have any ideas for future Groupvine articles; **please send an email to:** groupvineeditor@gmail.com. Thank you for letting me be of service.