

Step 2 Came to believe that a power greater than ourselves could restore us to sanity
2C Came to believe - Non religious Spirituality

Human beings have many characteristics which are not easily measured. It is easy to measure strength, speed, ability to talk, etc. There are many things which are difficult to measure: Honor, courage, nobility, reliability, compassion, generosity, patience, discernment, judgment, wisdom, honesty, and more. What we can do is to take all these un-measurable items and call them “Spiritual”.

It is also important to identify what is not spiritual. Often, our ideas about religion are not spiritual. They are so easily measured by those around us. They involve ritual and rule.

What do I think of when I hear the word “religion” and what issues do I have with such ideas?

It is said that everybody needs three things in life: significance, transcendence, and community. How can the local SAA group help you with these?

When I look at people in recovery, what characteristics do I see in them that I would like to have in myself?

One key idea which occurs in many spiritual traditions is the idea of the correct timing. Often, the right action at the wrong time is harmful. Yet, a small action at the right time can be very significant. What examples of the right timing do you have in your life? It is possible that you have not been aware of the right timing occurring around you and so, it is ok to not have anything here. As you continue in recovery, more of these will happen.