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MARCH

AS WE UNDERSTAND HIM

My friend suggested what then seemed a novel idea. . . . "Why don't you choose your own conception of God?" That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last. It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning.

— ALCOHOLICS ANONYMOUS, p. 12

I remember the times I looked up into the sky and reflected on who started it all, and how. When I came to A.A., an understanding of some description of the spiritual dimension became a necessary adjunct to a stable sobriety. After reading a variety of versions, including the scientific, of a great explosion, I went for simplicity and made the God of my understanding the Great Power that made the explosion possible. With the vastness of the universe under His command, He would, no doubt, be able to guide my thinking and actions if I was prepared to accept His guidance. But I could not expect help if I turned my back on that help and went my own way. I became willing to believe and I have had 26 years of stable and satisfying sobriety.

