

**Step 2 Came to believe that a power greater than ourselves could restore us to sanity**

**2.C Non Religious Spirituality**

SAA is a “Spiritual” program, not a religious program. What does that really mean? 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 also involves our connection with other people.

It is also important to identify what is not spiritual. Often, our ideas about religion are not spiritual. 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?

What human characteristics do I want more of?  
 What characteristics do I see in people who are getting recovery that I want?

How am I gaining more integrity and connection with myself by working this program?  
 What further growth can I see is possible for me?

How can the SAA program help me get more connected with other people on a deep level?

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.

<p>What examples of the right timing have I had in my life? (As we continue in recovery, often more happen and we become more aware of the possibility of such happening.)</p>	
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