

Basic Outline

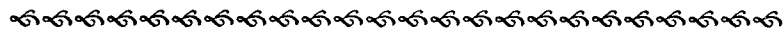
Introduction To The Big Book, Plus AA History (Two sessions)

The Problem (Step One) = Allergy + Obsession (Two sessions)

Explanation Of The Solution (Step 2) (One Session)

Program of Action (Steps 3 thru 9) (Usually Five sessions)

Growth & Maintenance (Steps 10, 11 & 12) (Three Sessions)



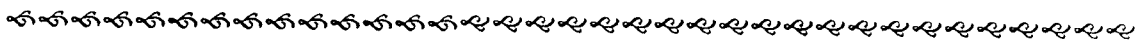
Vincent Van Gogh once advised: “Accentuate the essential, minimize the ordinary,” so exists the intention of this guidebook. We are not rewriting the 12 Steps, but simply placing focus on some of the more important elements of the Big Book directions. Our main purpose is to encourage AA members to go home and study the clear-cut directions of our *basic text*. Self-discovery is the best teacher - not us!

At the time of this printing, 2005, we have been presenting these weekly ‘lessons’ for nearly 20 years. During this time we have developed certain patterns, customs and policies, which you may find helpful:

- Explain that this is a *study*, not a discussion; that we are interested in what page and what line we are studying; that generally there is little experience, strength & hope expressed at these meetings and opinions are to be discussed *after* the meeting. The chairperson tries to keep personal example, though sometimes necessary, at a minimum. (Think of an algebra class in high school).
- Have everyone say their name once at the beginning, so as not to waste time in repetition. Invite questions, but only on the Step or subject at hand. Keep the audience active by passing the text reading around the table.
- If possible, place tables in a rectangle with no chairs on the inside. This increases the flow of energy and reduces cross-talk.
- Tokens are time consuming; even at 90-minute meetings time can be fleeting.
- If the Chairperson interrupts during the nightly reading of Chapter 5, it should be for serious teaching purposes only. Humor is quite desirable, but only when it resonates with the subject at hand – it should never be frivolous. Do not jump around the book because it confuses the newcomer. You are here to teach, not to show off how much you know.

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- Discuss the “*Program Of Recovery*” chart briefly. Do not elaborate or repeat cute clichés. You are presenting a snapshot, not a confusing detailed explanation. Try to do it in 90 seconds!
- Remember ***timing and essence!*** Complete one segment at each meeting and do not overlap! Make sure the audience can stick what you are teaching in their pocket and take it home with them, e.g. Step 3 or maybe Steps 5,6 & 7 as a solid clunk. Learn to accentuate the more important parts of your lesson with an excited voice, but a much calmer tone goes better with the necessary, but ordinary, ingredients. This ***variation*** helps understanding immensely.
- Use only the handouts germane to the lesson at hand. Too much paperwork is distracting. Ask members of the audience questions on the subject matter on the handouts – this makes them feel part of. Make everyone feel “part of.” Walk around the room while you teach. Don’t sit up in front like a big shot. Be excited – walk around.
- There should be a break at all the 90-minute meetings – this makes for a much better learning attitude.
- Give a test at the end of the meeting – have you ever heard of a school without tests? We provide this handout for you.
- Read page 25 ***together*** at the end of meeting and insist that everyone drops their book just before it says: “*pick up the simple kit of spiritual tools laid at our feet.*”
- No Chicken Dancing after the Lord’s Prayer.
- Always leave the room better than you found it.
- “What you hear here, *don’t* leave it here: go out and tell everybody!



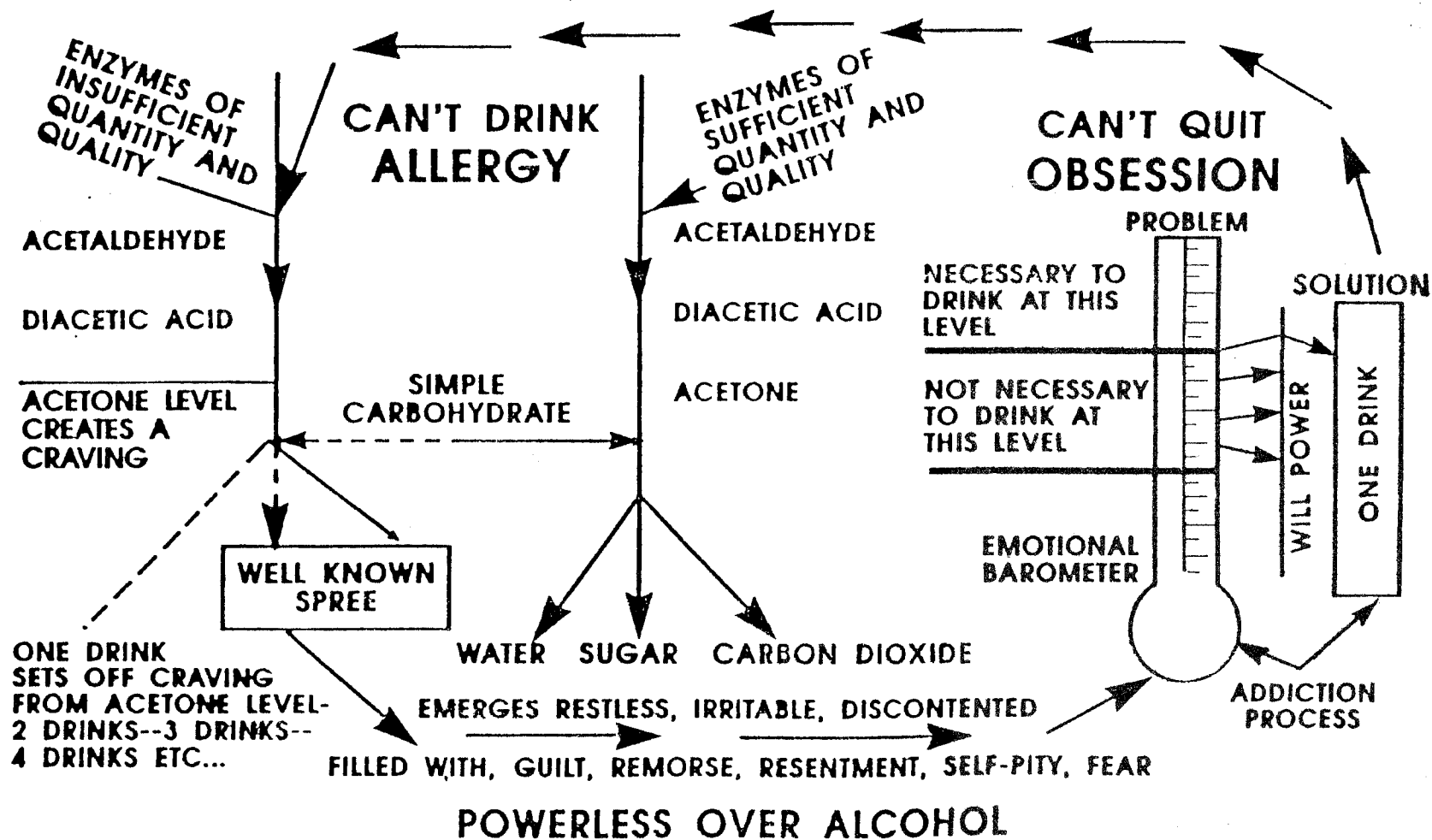
DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

MENTAL

ONE DOES NOT DRINK SAFELY
OR HE IS AT DIS-EASE

NINE DRINK SAFELY
THEY ARE AT EASE



Lesson One

(Introduction to the Big Book)

This is often a two week lesson; we often show a short AA history video from Dr. Bob's home at our second meeting. This introductory meeting should invite many historical questions. It is good to have on hand such AA approved literature as "*AA Comes of Age*," "*Pass It On*," "*Dr. Bob & The Good old timers*," etc. Pictures of early-times can be obtained from the internet.

This important lesson encourages AA members to really enjoy discovering the many recovery treasures enfolded in the Big Book.

B. The Title Page

2. Discuss why only 100 men! Why no women are mentioned?
3. Briefly discuss the word 'recovered.' Tell that this word is used 23 times in the Big Book – a complete discussion will come later so do not elaborate on this.
4. Discuss the different editions of the Big Book.

B. Basic Text

1. Explain that the Big Book is to be studied – not simply read, e.g. p. xi (basic text); p. xiii (precisely); p. 29 (clear cut directions)
2. Explain why the 12 & 12 is not the basic text. Page 17 in the "*12 & 12*") and page 356 from "*Pass It On*"
3. Explain that the Big Book explains the procedures for Steps 3 thru 11 in short order - only 28 pages, e.g., pp. 60 thru 88!

C. INDEX TO MAJOR STEP CATEGORIES

1. Problem (Step 1) Pages xxiii to 25; also Chapter 3.
2. Solution (Step 2) Pages 17 to 60.
3. Learning process (Steps 3-9) Pages 60 to 83.
4. Maintenance & Growth (Steps 10,11,&12) Pages 84-103.

D. STATISTICS

1. Page xx: "...and **really tried** 50% got sober at once and remained that way, etc... Emphasize 'really tried'... Explain that this 1955 percentage is still true today... Mention today's illusionary data.
2. Show that 93% found permanent sobriety in Clarence Snyder's Group in Cleveland (1939): (DB&GOT, p. 261).
3. Explain that we need to know the original A.A. Program of Action before we can "really try" the A.A. Program of Action.

E. HISTORY OF THE STEPS

1. Discuss four founding moments of A.A.
 - a. Rowland Hazzard directed by Carl Jung. (p.27)(1931)
 - b. Ebby Thatcher carries message to Bill W. (P.9)(1934)
 - c. Bill has Spiritual Experience (Pages 13 & 14).(1934)
 - d. Dr. Bob has last drink on June 10, 1935.
2. Explain how the steps came from the Oxford Group. (P.xvi)
Discuss the Four Absolutes.
3. Explain History Puzzle (On next page)
 - a. Show how the various pieces of this chart fit together historically. Use the above mentioned books to learn.
 - b. There are a million antidotes here--pick and choose carefully.
 - c. Leave time to answer questions.
 - d. Listen to old Joe & Charlie tapes for a quick review of A.A. history.

(Caution: Always use your own words—if you read from this outline you will lose your credibility with the audience.)

LESSON TWO
STEP ONE (ALLERGY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE. (This particular study places emphasis on "powerlessness"; rather than "admitted", or "unmanageable".)

A. MAIN POINTS OF PHYSICAL ALLERGY:

1. The craving is physical—not mental.

2. It happens after—not before—the first drink.

3. No recovery is possible from allergy.

B. DISTRIBUTE HANDOUTS: Explain this lesson is on bottom of chart.

P
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BEFORE
FIRST
DRINK

MENTAL
OBSESSION

CANNOT
SEE TRUTH
IN DRINK

RECOVERY
POSSIBLE

AFTER
FIRST
DRINK

PHYSICAL
ALLERGY

DEVELOPS
PHENOMENON
OF
CRAVING

NO
RECOVERY
POSSIBLE

(Note: It is often more explanatory to read only the pertinent sentence of a paragraph to make your point—too many words confuse the main issue).

C. POINT OUT WHY ALCOHOLICS OFTEN LOSE ALL CONTROL ONCE THEY START TO DRINK.

1. Point out that our bodies are abnormal.
(p.xxiv, 2nd para.) Discuss briefly. Highlite: "body" & "mind."
2. Read first full paragraph of p.xxvi. Highlite/discuss the words: "Chronic"; "Allergy"; "phenomenon"; and "never."
3. Discuss our abnormal "effect". (P.xxvi, bottom para., line 1.)
4. Read all of page xxviii. Highlite: "craving" (line 2); and "one symptom in common" (5th para.) This is an excellent opportunity for group participation.
5. Sum up this part of lesson.

D. "ONCE AN ALCOHOLIC, ALWAYS AN ALCOHOLIC."

1. Now, show that we never recover from the physical allergy no matter how long we are dry. (p.32-33) Point out that this alcoholic was powerless after the first drink—as well as before. (Group participation here.)
2. Discuss/highlite "progressive illness" (p.30, 3rd para.).
3. Read and discuss next para. Highlite "no such thing."
4. If time permits read all or page 31.
5. Explain that the word "craving"—in BB language—means **after** the first drink, as opposed to the word "obsession" describes what takes place **before** the first drink.
6. Warn that the word, "compulsion" confuses this helpful distinction and should not be used in BB study

End of Lesson two.

(Note: always leave time for, and encourage, questions; but do not answer questions other than of the lesson you are on).

LESSON THREE
MENTAL OBSESSION

- A. WHERE THE OBSESSION LIVES.
1. Page 23, 1st full para., tells us that our problem is in our minds. Highlight/discuss "main problem", "mind", and "body."
- B. WHEN DOES THE OBSESSION STRIKE?
1. Dr. Silkworth tells us "... they cannot after a time differentiate the true from the false." (p xxvi, bottom para. So, the obsession becomes manifest **before** the first drink. Point out that this is a good definition of the mental obsession.
 2. Read 1st full para. on p. 24. This is a good discussion topic... if you have time!
- C. THE PHYSICAL ALLERGY AND THE MENTAL OBSESSION WORK TOGETHER.
1. Read entire para. (Bottom of xxvi & next para. on p. xxvii.)
- D. READ ILLUSTRATIVE STORIES ABOUT THE OBSESSION IN ACTION.
1. Jim's Story: p. 35
 2. The Jaywalker: p. 37
 3. Fred's Story P. 39 (This is a long story; we often only discuss only the top 15 lines of p 41).

E. SHOW THAT THE "REAL ALCOHOLIC" CANNOT USE SELF WILL OR SELF KNOWLEDGE LIKE OTHER PEOPLE.

1. Point out "moderate drinker" and "hard drinker" (p. 20) can use self will and self knowledge—that "real alcoholic" cannot (p.21). This is the BB definition of "real alcoholic." Do not read time consuming 2nd full para.; but point out "at the wrong moment"—10 lines down.
2. Read about Bill's experience with SW and SK. (P. 5, 4th full para.

F. BB DEFINITION OF AN ALCOHOLIC.

1. Page 44, line 4.

G. RECOVERED.

1. Show that the BB uses the word "recovered" often: title page, xiii, xvii, 17, 29, etc. Mention that the BB uses this term 23 times.
- 1½. Beyond "recovered!" (p. 57, top)
2. State that "recovered" is something **to do**: not to simply theorize about. Do we recover[?] is the wrong question... it seeks to avoid action.
3. Explain that the sincere question is: What special and technical usage did Bill assign to that word? What was he trying to tell us?
4. Half this understanding is wanting to understand.
5. Explain p. 85 on this matter... "the problem (obsession, not allergy) has been removed."
6. "... fit spiritual condition"... this means we could be "unrecovered" tomorrow!
7. Read 5 lines of next para.
8. Read the "recovered" promises (Bottom 84, top 85)
9. Avoid heated arguments; but don't back off.

(This is a lot to explain in 90 minutes. The good thing is you won't be tempted to cram a lot of Happy Talk Mush [HTM] or extra page numbers into this lecture).

End of lesson 3.

(This lesson leaves time for group discussion—don't do all the talking. Watch for HTM!)

LESSON FOUR

STEP TWO

(The solution)

Came to believe that a power greater than ourselves could restore us to sanity.

A. EVIDENCE

- 1. "But we saw that it really worked in others" (p.25).

B. WHAT IS NOT THE SOLUTION?

- 1. "But that in itself would never have held us together..." (Page 17, 2nd para.).
- 2. Announce: "Survival on the fellowship is untreated alcoholism."

C. WHAT IS THE SOLUTION?

- 1. "Vital Spiritual Experience" (p.27, line 15).
- 2. Give Carl Jung's description (p.27, lines 18-22)
- 3. Read/discuss Rowland hazzard treatment year with Dr. Jung. (p.p.26-27)
- 4. Show that he recovered (p.28).

D. SPIRITUAL EXPERIENCE IS FAST.

- 1. Suddenly (P.27, line 20).
- 2. Bill W.'s "sudden" Spiritual Experience (P.14, line 14).
- 3. Other examples are available; **don't** look them up! Remember to avoid excessive page numbers.

E. SPIRITUAL AWAKENING IS SLOW.

1. Read bottom para page 569. Awakening is: "of the educational variety", "slowly", and "in a few months".
2. Distinguish this timing in contrast to "suddenly".
3. Make clear that: Experience = fast
Awakening = slow

F. SPIRITUAL EXPERIENCE/SPIRITUAL AWAKENING CAUSE SAME RESULT.

1. Read 1st para. of p. 569.
2. Both phenomenon cause: "a personality change sufficient to bring about recovery from alcoholism."
3. Explain the tremendous importance of this statement!
4. Emphasize that this **is** the Alcoholics Anonymous SOLUTION for alcoholism!

G. SPIRITUAL EXPERIENCE/AWAKENING = CHANGE.

1. Read all of p. 569 and 570; point out the many words that mean change.
2. Don't get lost in all this info.
3. Read pages 44 and 45. Among important issues are "lack of power" and "exactly" on p. 45.

H.. WE NEED ONLY TO BE WILLING TO BELIEVE.

1. This is made clear on page 46, line 16; plus two more times on p. 47.
2. The BB states this many times—don't look them up. Thrice is sufficient.

I WHERE GOD IS!

1. Page 55: "Great Reality deep within us."

J. THE BB AFFORDS THE WORD "SANITY" A SPECIAL AND TECHNICAL MEANING.

1. On xxvi (bottom para.) read "... cannot differentiate the true from the false." Explain that "sanity" exists when one can differentiate, etc.

STEP THREE (Decision)

Made a decision to turn our will and our lives over to the care of God as we understood him.

A. DETERMINE POSITION

1. Step 1 = I can't!
2. Step 2 = God can!
3. Step 3 is a decision to allow this to happen by using the A.A. 12-Step program.

B. STEPS ON THE WALL? Pages 59 & 60?

1. Explain this; unless you already have when you did the chart.

C. WHEN?

1. When we are convinced of the ABC's. (P.60) Mark timetable at (tt), "Being convinced".
2. Note that P.63, line 13, may be also marked (tt).

D. LEAD IN PAGES.

1. Have group read page 61... Brief discussion.
2. Read Page 62... emphasize "self!"
3. Define "self" in terms of "old ideas, emotions, and attitudes"—see p.27.

E. THIRD STEP PROMISES.

1. Have group read top para. on p. 63. Point out each promise with emphasis on "We were reborn."
2. Parallel "reborn" with our old self = "old ideas, emotions and attitudes. (p.27)
3. Parallel "reborn" with top para. on p.569.

F. POINT OUT "CLEAR CUT DIRECTIONS" FOR STEP THREE.

1. 1st direction: 2nd para., line 8. "We thought... "
2. 2nd direction: 3rd para., line 1. "We found... "
3. 3rd direction: 3rd para., line 4. "The wording... "

G. GROUP LEARNS TO USE THEIR OWN WORDING.

1. Go through the prayer sentence by sentence; each member (if practicable) describing what that sentence means to them. This can be time consuming so statements need to be brief.

H. PRAYER

1. Group Prays this prayer verbatim.
2. Comment on—but do not explain at this point—the absence of "Amen."

I. AFTER THOUGHT.

1. Step 3 is not simply a conclusion of the mind, like Steps 1 and 2, but it is a sincere decision of the heart; this decision manifests by doing steps 4-9 in a timely manner, followed by Steps 10, 11 & 12.
2. Briefly expose the Step timetable at this point. Especially show that Step 4 is done, "at once".
3. Explain why Step 4 should not be delayed.

REMEMBER: Do not read from format sheet!

End of lesson Four.

(You will be inclined to add many necessary anecdotes to this skeleton outline. Please do! There will be plenty of time with this lesson.)

LESSON SIX
STEP FOUR (Resentments)

Made a searching and fearless moral inventory of ourselves.

A. WHEN AND WHY WE DO STEP FOUR.

1. When? "... at once", page 64, line 3.
Why? "... to face and be rid of", page 64, line 4.

B. TIMING; AGAIN!

1. "We took stock honestly." (2nd full para.) Point out how taking this step "at once" (while the great effect is still operative) is conducive to honesty.
2. "When the spiritual malady is overcome... etc" Page 64, 3rd para. Comment on this paradox.

C. PROCESS

1. This is neatly laid out in our 4th Step chart and with the instruction audio tape. If you need a tape, phone: Bob S., (765) 935 0130.

D. SPIRITUAL TOOL .

1. The four part prayer on p. 67, top para., is a spiritual tool to help us forgive others when **THEY** were in the wrong. It is not a prayer for **THEM**; it is a prayer to change **US**.

E. LOGICAL TOOL

1. The self facing work on page 67, 2nd full para., is simply a logical tool.

(Lots of sharing time will be available with this lesson)

17.

LESSON SEVEN

STEP 4 (Fear & Harms to Others)

Made a searching and fearless moral inventory of ourselves.

A. FEAR

1. Column 1: (page 68, line 3) list vertically.
2. Column 2: (page 68, lines 3-8) The answer is, of course, always yes.
3. Column 3: The FEAR PRAYER is 9 lines up from the bottom of page 68.

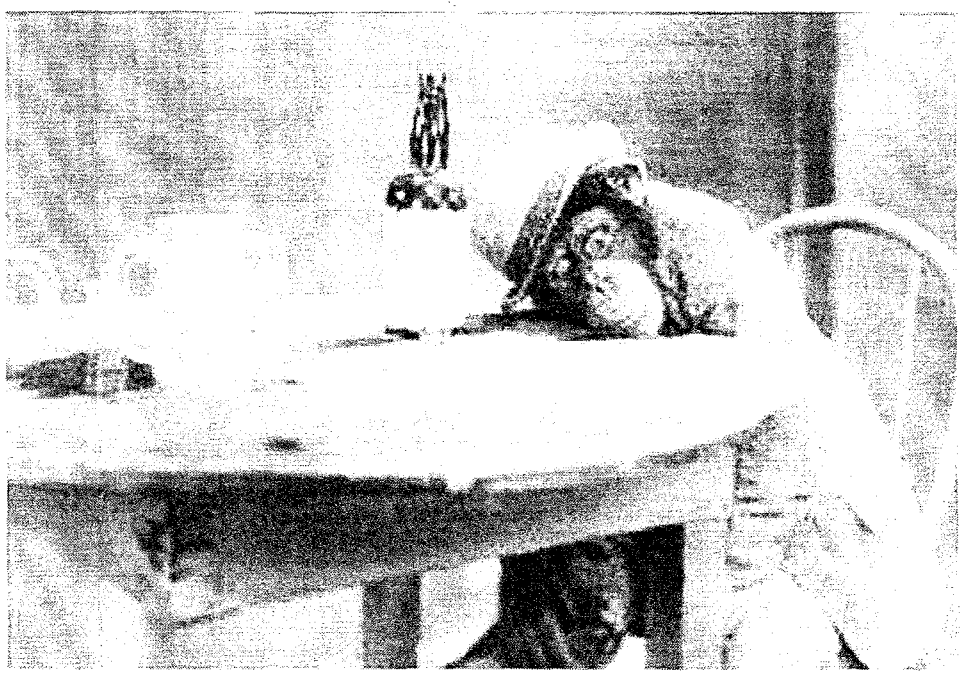
B. HARMS TO OTHERS

1. Columns 1,2,3 & 4 are self explanatory via the chart and accompanying audio tape.
2. Emphasize that our "sex ideal" comes from one source: God.
3. Step 8 begins: .4 lines up from bottom of page 70.

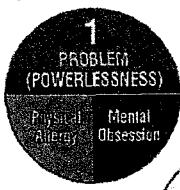
C. GROSSER HANDICAPS

1. Point out that our "grosser handicaps" (p.71) are selfishness, dishonesty, resentment, and fear; that these are manifestations of self that have been blocking us from the POWER.
2. Write this info in blank space on p.71.

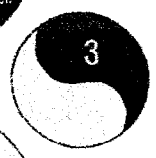
Drunken Monkey



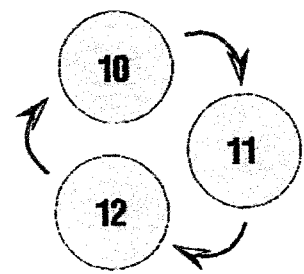
PROGRAM OF RECOVERY



**AA
CONSIDERED**



**AA
LEARNED**



**AA
LIFE BEGINS**

(We often refer to these as the "same day" steps.)

LESSON EIGHT
STEPS 5,6 & 7

Step 5. Admitted to God, to ourselves, and another human being the exact nature of our wrongs.

A. LEAD-IN POINTS FOR DISCUSSION.

1. Show that "rough way" (p.72, line 5.) resonates with the "grosser handicaps" from our last lesson.
2. Discuss "exact nature" (p.72, line 11.)
3. Why do Step 5? (p.72, 4 lines up from bottom).
4. Discuss top para. of p. 73. Highlite "all their life story."
5. Discuss top and first full para. on p.74.

B. WHEN TO DO STEP 5.

1. Mark tt at "first opportunity." (Four lines from the bottom of p.74.)

C. 5TH STEP PROMISES.

1. Discuss 2nd full para. on page 75. Illustrate drama of these promises.

D. 5TH STEP SHARING.

1. This is a fine place to promote group sharing.

E. STEP 5½.

1. Denote tt at "for an hour". (Bottom para. of p.75.)
2. Discuss this paragraph.
3. There may be time here for some good ole HTM—try the arch diagram if you know it well.

Step 6. Were entirely ready to have God remove all these defects of character.

F. STEP 6.

1. When to do Step 6? (p.76, line 1.) Point out that: "then", (highlite tt), follows the one hour survey of Step 5½.
2. Explain that this is probably not a time consuming step.
3. Promote discussion.

Step 7. Humbly asked Him to remove our shortcomings.

G. STEP 7.

1. When to do Step 7? (P.76, 2nd para.) "When ready," tells the answer. (Denote tt.)
2. Read and discuss 7th Step prayer. Point out the lack of selfishness of this wonderful prayer.
3. Write on bottom of page: "Alcoholics Anonymous is a **selfless** program for selfish people."
4. Discuss why the "Amen" is here, but not on prayers of previous steps.

H. A LITTLE MORE HTM!

1. Show that Bill meant "defects" and "shortcomings" to have the same meaning. Compare usage here with Steps 6 & 7 on p. 58.

End of Lesson Eight.

(This is a good time to re-examine the special meaning that the BB generally assigns to certain words.)

"Craving".....This phenomenon occurs after the first drink; it is caused by a physical allergy.

"Obsession".....This phenomenon occurs before the first drink; it is centered in the mind—not in the body.

"Compulsion".....This word blurs the previous distinctions; we try not to use it in our BB teaching.

"Insane".....Cannot differentiate the true from the false —in the matter of drink.

"Sane".....Of course, the opposite.

"Real alcoholic"..One who can't control drinking with self-will or self knowledge.

LESSON NINE

STEPS 8 & 9

Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.

A. WHEN TO MAKE THE 8TH STEP LIST.

1. We made it when we took inventory. (p.76, 3rd para.)
2. Denote tt.
3. Refer to p.70; four lines up from the bottom.
4. Point out where step 4 may reveal ingredients of 8th Step list.
5. Point out that list may be added to at any time.

B. AMENDS?

1. Point out that no amends are made in Step 8. Counsel with ones sponsor is advisable before going on to Step 9.

Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

C. WHEN TO BEGIN MAKING AMENDS.

1. After we have completed the first eight steps... We read on page 76, 3rd para., line 6, that: "Now we go out to our fellows...", etc.
2. Denote tt.

D. WHY WE SHOULD MAKE AMENDS.

1. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us. (page 77, line 3.)
2. State other sound reasons.

E. CATEGORIES OF AMENDS.

1. General (P.77, 2nd, para.)
2. Financial (p.78, 2nd full para.)
3. Criminal (p.78, 3rd full para.)
4. Domestic (p.80, bottom para.)
5. Wrongs we can never fully right. (p.83, 3rd para.)

F. PRAYERS.

1. Note the several prayers as you read through this material.

G. NECESSITY OF ACTUALLY MAKING AMENDS.

1. "The spiritual life is not a theory. We have to live it. (p.83, 2nd para.)

H. 9TH STEP PROMISES. (PAGE 83, BOTTOM))

1. Point out that these promises come before we have fully begun the A.A. 12-step Program of action —we have had a personality change, at this point, which is **insufficient to recover**. To stop here can be extremely dangerous.

End of lesson Nine.

(We are now entering the fourth dimension of sobriety.
Please explain; if you know the first three—if not, ignore
this note.)

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LESSON TEN

STEP 10

Step 10. Continued to take personal inventory and when we were wrong promptly admitted it.

A. NEW MISTAKES.

1. Acts are outer manifestation of thought. Our wrong thoughts, therefore, should be considered as new mistakes. (P.84, 2nd full para.)

B. WHEN TO BEGIN STEP TEN.

1. We do not have to complete Step 9 before going on to Step 10. Line four of this paragraph states: "...as we cleaned up the past." —or, as we continued to do Step 9.

C. HOW LONG DOES IT TAKE?

1. It should continue for a lifetime! (line 8.)
2. Elaborate on this (ie, Many times every day/hour).

D. STEP 10 HAS FIVE CONSECUTIVE PARTS.

1. "Continue to watch for selfishness, dishonesty, resentment, and fear."
2. "When these crop up, we ask God at once to remove them."
3. "We discuss them with someone immediately."
4. "...and make amends quickly if we have harmed anyone"
5. "Resolutely turned our thoughts to someone we could help"

E. THE LEARNING PROCESS.

1. Explain that we learn to do the first four parts of this process through "on the job training" with the previous steps:
 - a. Watching for selfishness, dishonesty, resentment, and fear—Step Four.
 - b. Asking God to remove them—Steps Six & Seven.
 - c. Discussing them with another person—Step Five.
 - d. Making amends when wrong—Steps Six & Seven.
2. Illustrate that this not simply a mental process. This is a learning of the Heart which involves a vital transformation as we do steps 4-9. This transformation (Spiritual growth) will increase with Steps 10, 11, & 12.

F. HOW OFTEN DO WE ACT ON STEP TEN?

1. Point out and stress these words:
 - a. "at once"
 - b. "immediately"
 - c. "quickly"
2. Elaborate on this; especially that our vivid thought process (new mistakes) continually need God's help.

G. READ THE "RECOVERED" PROMISES.

1. Define "sanity" (P.84, bottom)
2. Explain that "problem has been removed" refers to the obsession—not the allergy. (p.85, line 9.)
3. Discuss "fit spiritual condition" (p.85, line 12). Explain that a "recovered" condition can quickly change into an "unrecovered" one!

H. WE ARE NEVER CURED OF ALCOHOLISM!

1. Explain that we are, of course, never cured of our physical allergy; also, our mental obsession will forever lurk on the other side of our fit spiritual condition. (p.85, 2nd para.)
2. Express that our "daily reprieve" provides a life of spiritual joy; quite different than our old miserable "one day at a time" life without God's help.

LESSON ELEVEN

STEP 11

Step 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

A. AT NIGHT.

1. Bring out that these same four new mistakes; resentment, selfishness, dishonesty, and fear, crop here up in Step 11. (p.86, line 6) We first discovered them in Step 4, and then in Step 10!
2. Point out that the common mistaken idea that we wait till we go to bed, at night, to do Step 10 probably originated here—thinking this sentence was part of Step 10!
3. Bring out that the following self-appraisal is really a type of meditation. (lines 3-12)
4. The last sentence, however, is a prayer.

B. UPON AWAKENING.

1. Notice that we go to God before we even consider our plans for the day. (p.86, 2nd para.)
2. We are to use our mental faculties only after we ask for God's direction.
3. We come to rely on a plane of inspiration. (p.87, top para.)
4. Bring out: "... make no request for ourselves only." Promote discussion on this subject. (P.87, 1st para.)
5. Have group share experiences with meditation... and with prayer.
6. Discuss making use of what Priests, Ministers, and Rabbis have to offer.

C. THROUGH THE DAY.

1. We are told here to pause, "... and ask for the right thought or action." (p.87, bottom para.)
Direct discussion as to how that instruction resonates with the second part of Step 10.
2. Bring out that "Thy will be done." is to be prayed many times each day.
3. Highlite: "It works—it really does."
4. Highlite: "Faith without works is dead."

End of Lesson eleven.

HERE IS A HANDY CHART TO USE WITH STEP TEN!



STEP 10

WE LEARNED HOW TO DO THIS IN STEP #:

PART ONE	CONTINUE TO WATCH FOR SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR.	4
PART TWO	WHEN THESE CROP UP, WE ASK GOD AT ONCE, TO REMOVE THEM.	6 & 7
PART THREE	WE DISCUSS THEM WITH SOMEONE IMMEDIATELY.....	5
PART FOUR	..AND MAKE AMENDS QUICKLY IF WE HAVE HARMED ANYONE.	8 & 9
PART FIVE	THEN WE RESOLUTELY TURN OUR THOUGHTS TO SOMEONE WE CAN HELP.	

(Please study pp #84.)

Chapter 7 includes much information; it often takes two lessons to complete. This format will include enough study for only one session.

LESSON TWELVE

STEP 12

Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

A. LEAD IN.

- 1. Work with alcoholics insures sobriety. (p. 89, line 2) Discuss modern day lack of opportunity.
- 2. "Fellowship grow up about you" (line 10). Discuss growth of our Fourth dimension Group.

B. HELPING THE NEW PERSON.

- 1. Read and discuss page 92. What is the best attitude toward the newcomer.
- 2. Discuss spiritual matters on p. 93.
- 3. Describe our proper attitude on p. 95, bottom para.
- 4. Discuss "advice": Page 96, 2nd para.
- 5. Study 2nd full para. of page 98.
- 6. Go over bottom para., page 98 and top of p. 100.

C. WHOOPEE PARTIES?

- 1. Define "spiritually fit." (p.100, bottom para.)
- 2. Discuss "alcoholic mind." (p.101, 1st full para.)
- 3. Should a well intentioned A.A. member with an "alcoholic mind" attend a whoopee party?
- 4. What kind of a whoopee party should a recovered alcoholic attend? Answer: Only a plain ordinary one. (P.101, 3rd full para.)

- 28
5. What should our motive be when going to potentially slippery places? Discuss top para. of page 102.
 6. Discuss the recovered alcoholics lack of selfish motive. (P.102, 2nd full para.)

D. LIQUOR ANYONE?

1. Discuss the bottom paragraph of page 102.

E. IF I CAN'T DRINK, THEN NEITHER CAN YOU!

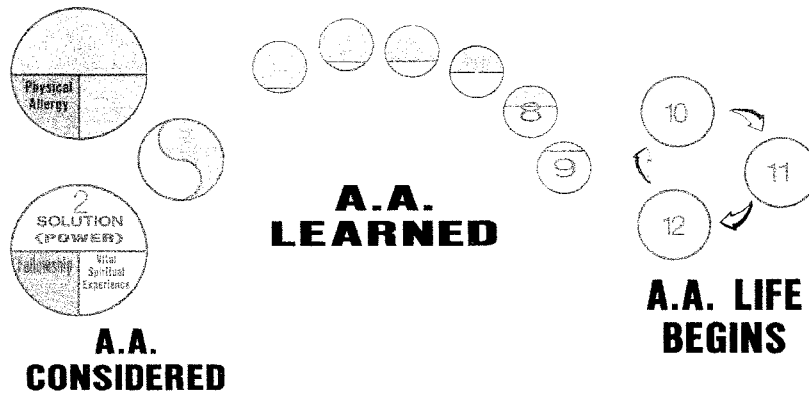
1. Discuss the 1st and 2nd full para. of page 103.

End of Step 12.

*Fourth Dimension Group
Of Richmond, VA*

**Big Book Step Study
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For Chairing Meetings**

PROGRAM OF RECOVERY



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