

STEEL ON STEEL

What is Steel on Steel?

Steel on Steel is a specific Spiritual Exercise for members of Alcoholics Anonymous interested in attaining the 4th Dimension of existence. The idea of Steel on Steel came from a spiritual advisor, and the name “Steel on Steel” is an adaptation of a Biblical Spiritual Principal found in Proverbs 27:17... “As iron sharpens iron, so one man sharpens another.”

The Steel on Steel group (not more than four people) meets once a month and is designed around an intense personal commitment of each member to the group. Each member of Steel on Steel is committed to helping his fellow group members attain a higher level in the “Fellowship of the Spirit”. This process fosters a special bond with each member to the group as they grow in their own conscious contact with God. This contributes to their lives getting better than they could have imagined.

Steel on Steel is all about Action and Love and is not for people interested in “half measures” or “middle of the road solutions”. Please, do not start this process unless you are *TOTALLY* committed to A.A., emotional sobriety, personal growth, a healthy home & work life, financial responsibility, helping others, and most of all, growing in a conscious contact with God.

In Steel on Steel, we leave no holds barred because we offer each other Spiritual license. Spiritual license is the process where you offer another person, with Love as their guide, to comment on any area of your life. In Steel on Steel, ALL areas of our lives are open to the Love and Help found in the group. Therefore, nothing is off limits, if it can help lead us to personal growth and integrity in our sobriety. Together, we will pray, meditate, and ‘check’ each other, as we each trudge our own “Road of Happy Destiny.”

The Steel on Steel meeting is solely for the purpose of seeking the truth about your current Spiritual condition. Each member of the group is given the opportunity to share about their life and we use the group as a “Spiritual mirror” through which we can see our honest and true selves. In essence, we allow the group to be a voice for God in our lives, speaking through each participant.

The Steel on Steel meeting starts off with a few minutes of silence for each member to try and clear their mind, followed with a version of “The Set Aside Prayer”.

We then start the meeting by reading from the Big Book. Someone reads part of Step Three and as the Third Step Prayer is read, all members of the group should reaffirm their decision by joining in with the reading of the prayer.

In the Steel on Steel meeting, we use a timer to give each individual up to 10 minutes to share about where they CURRENTLY are in their life. The time limit keeps us brief and to the point, as well as, keeping us from long drawn out justifications for our behavior. Please stick to the time limit! Each person shares based on the difficulties they are experiencing with being on a spiritual path. Be prepared to talk about your current difficulties, in a forthright and rigorously honest manner. Remember, we need to leave no stone unturned. We all suffer selfishness and self-centeredness and we must have God’s help to restore our broken will. We must be vigilant in identifying our difficulties and we need the help of God speaking through the group for us to be “pulled out” of delusion and to allow the ego to be reduced. We are here to help each other reduce the delusions we each suffer from and to see

God's truth. We are not here to judge, criticize, confront or demean. We are gentle spirits and only wish to be helpful in identifying our brokenness and to help each other repair the damage in our lives. We are here to learn how to stay sober and live to good purpose under God's direction.

Welcome to Steel on Steel:

"As iron sharpens iron, so one man sharpens another." [Proverbs 27:17]

The AA Way of Life is a pilgrimage. At times the road is difficult, and we get lonely. Sometimes we may become discouraged and consider abandoning the journey. It is at such times that God will place a friend alongside us. One of God's most precious gifts to us are friends who encourage us and lovingly challenge us to "keep going" and growing. According to Scripture, a friend is one who challenges you to become all that God intends. The mark of true friends is that their friendship draws you closer to God. They "sharpen" you and motivate you to do what is right. True friends tell you the truth and even risk hurting your feelings because they love you and have your best interests at heart (Proverbs 27:6). Be careful in your choice of friends! Choose your closest friends wisely. Do not look for perfect friends, but friends whose hearts are set to follow God. It is equally important to examine the kind of friend YOU are to others. As a friend, it is your duty to put the needs of others first (Proverbs 17:17). Strive to find godly friends who will challenge you to become the person God desires. When you have found them, be receptive to the way God uses them to help you become spiritually mature. Strive also to be the kind of friend that helps others become more godly.

[From "Iron Sharpens Iron" - Copied and edited from Henry T. & Richard Blackaby's "Experiencing God Day-By-Day: The Devotional and Journal", page 136.]

This Steel on Steel meeting is solely for the purpose of seeking the truth about our own CURRENT Spiritual condition and our focus is all about Action and Love. Each member of this group will be given 10 minutes to share specifically about their life. After we share, we will allow this Spiritual Body to be a "mirror" through which we can see our honest and true selves. The group should reflect back to us questions, which can help bring us closer to God. In essence, we allow the group considerations, followed by meditation on these considerations, to be a voice for God, through which, He gives us guidance for our lives.

To start off, we will read a passage from the Big Book, Alcoholics Anonymous. This reading should remind each of us of : What the problem is, Who causes the problem, What the penalty is for leaving the problem unchecked, What specific decision we made in step three, Why we are here, and Who makes our recovery possible.

As we read the 3rd Step Prayer tonight, each member of the group should reaffirm their decision by joining in during the reading of the prayer.

Big Book Page 62:

"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is

the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step Three. Many of us said to our Maker, *as we understood Him*: 'God, I offer myself to Thee--to build with me and to 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!'

We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him."

Let's start the meeting off with ten minutes of silence for each of us to try to clear our minds, and then _____ will invite God into our meeting by reading the "Set Aside Prayer".

(Please pause for ten minutes, followed by:)

"God, we invite you into this room, to guide and direct each of us as we seek your truth. Father, please set aside, within each of us, that which would block us off from the Truth. Lay aside our prejudices about what we think we know about this process, this meeting, and our spiritual condition. Remove our fears Lord, that we may hear Your Truth through the members of this group. Give us the strength and courage to share Your Truth with each other in a real spirit of Love and Compassion for our fellow man ...Amen"

AFTER WE SHARE OUR CURRENT CONDITION

After we have shared where we are currently in life, we will go around the room, starting on our left, and each person will have the opportunity to comment on the corrective measures, which they see as helpful in our growth. We will receive "considerations" and possible corrective measures input usually in the form of sentences beginning with, "Is it possible that...?". Each Group member needs a "potential corrective measures" notebook to jot down what is said. There will be no harsh judgments or criticism, just an honest and sincere desire to help, in the spirit of love and tolerance. Under no circumstances do we defend ourselves, there is no need for it because we are going to take all the group's comments back into meditation over the next week or two after the session. We let God be our final judge. Again, we DO NOT defend ourselves! We just listen silently and take notes to use later in meditation.

The next time we meet, we start off our individual sharing with what came to us during our meditations about the previous meeting's considerations and what, if any, actions we have taken to correct the problem. Followed by 10 minutes of new sharing with the following question format.

During your 10 minutes of sharing, you should comment **specifically** on where you are CURRENTLY in the following areas:

- 1) **The Circle and triangle -**
 - a. Are you proportionally involved in each of the three sides of the Circle and Triangle? In other words:
 - b. Where are you specifically in your Program of Recovery (Steps)? Have you finished all of your last set of amends?
 - c. Where are you in Unity & Fellowship, which are meetings and the interacting with other AA's?
 - d. Where are you in Service, which is the giving back and contributing, inside or outside of AA?
- 2) **Prayer and Meditation -**
 - a. How many times did I do evening review and meditation since our last meeting?
 - b. How many times did I do morning prayer and meditation since our last meeting?
 - c. Have I been using my evening review to help with my vision in my morning meditation?
 - d. How is my relationship with God?
 - e. What specific things am I doing to deepen and broaden my relationship with God?
 - f. Have I been praying the 9th Step prayers? (Big Book, page 82:1 & 83:1.)
 - g. Have I been praying for others?
 - h. Have I invited or have I been praying with other members of my family?
- 3) **My A.A. Program-**
 - a. How many meetings have I attended since we last met?
 - b. Do I have and am I a member of a home group?
 - c. Am I of service to my AA group? (coffee, cleanup, speaking, group officer)
 - d. Am I of service to those OUTSIDE of AA? (work, family, friends)
 - e. Am I spiritually accountable to some people in my life? (sponsor and spiritual advisors)
 - f. Do I have a sponsor? How do I use my sponsor? Am I accountable to my sponsor?
 - g. Am I a sponsor? If so, what am I doing for my sponsees?
- 4) **Relationships-**
 - a. How are my relationships with others going? (friends, fellow A.A.'s, neighbors, coworkers, strangers in traffic, etc.)
 - b. Have I been short, hard to be around, easily angered, sarcastic, etc.?
 - c. Am I frequently having to apologize for what I've done?
 - d. Have I been lusting after or coveting my neighbor or my neighbor's things?
 - e. Am I happy with what I have or am I obsessing about what I want?
- 5) **Home Life-**
 - a. How is my home life?
 - b. Have I been kind, considerate, understanding and loving, even when I don't think the other person "deserves" it?
 - c. Have I needed to make amends lately? (did I raise my voice, was I sarcastic, did I angrily brake something, slam doors, etc.) If so, did I make the amends?
 - d. Have I been in fights or arguments at home? (Wife, kids, parents)
 - e. Am I having any sex problems? Is there intimacy (or is it more closely described as "In To Me See") with my lover? Would your partner agree with your opinion of this?
 - f. Am I fantasizing about others? Am I acting out sexually? (excessive pornography, selfish gratification, excessive masturbation, affairs)
- 6) **Career-**
 - a. How are things at work, school, or my career?
 - b. Am I having problems with my boss or co-workers? Am I being short, grumpy, or acting out of silent scorn?
 - c. How am I doing with my money & credit? Is my checkbook balanced? Am I paying ALL my bills on time EVERY month? Am I overspending?
 - d. Am I carrying money on credit cards or lines of credit? Am I in debt?
 - e. Am I giving to charities? (things, time and/or money)
- 7) **General-**
 - a. How is my physical health? Am I overweight? Am I exercising my body? Am I exercising my mind?
 - b. Do I keep my word? Am I where I say I will be? Am I on time?
 - c. Do I have a good attitude toward life? Am I living life on my terms, "life's terms", or on "God's terms"?
 - d. Where has my self-will/ego manifested itself recently? (judgmentalism, manipulation, agendas, condescension/sarcasm, dishonesty, fear, justification, being inconsiderate, stubbornness, close-mindedness, etc.)
 - e. What areas of your life are out of balance or out of integrity?