

Fogelsville, PA Weekend of Sharing the Big Book Format, Feb. 24 & 25, 2001

KEY: = Kathy = Mike = Both (blank) = undecided

Introduce ourselves: Name, home group, and DOS

Thank the group

A little about ourselves: brief history of how we got interested in steps & BB.

“We are not experts on the BB...”; “Don’t let anyone read your BB for you...”; “If you can’t reconcile something we say with what’s in the BB, don’t pay too much attention to it... we’ll try to share our EXPERIENCE only.”

Breaks every 90 mins... get up in between if you need to... this is a very informal weekend... LET’S HAVE FUN.

SET-A-SIDE PRAYER (**overhead & packet page 1**)

TITLE PAGE – “**recoverED**” - CIRCLE-N-TRIANGLE (**overhead & packet page 2**)
– C-N-T Stickers

page xi, ¶ 2 – describe **TEXT** book (danger of starting newcomer on Chapter 5)

TABLE OF CONTENTS (**overhead & packet page 3**)

FORWARD TO FIRST ED. (**page xiii, ¶ 1, lines 1 – 5**) *precisely, specifically, clear-cut directions*

Where our Preamble was taken from: **page xiii, ¶ 5** (“We are not...”), continue onto xiv; mention “*honest* desire to stop drinking”.

Difference between the **Program vs. the Fellowship**

From 1939 – 1955 AA had a 75% success rate: **page xx, lines 5 – 12** (“Of alcoholics who came to AA...”); mention **page 571 “Medical View on AA”** (¶ 3 says 50 – 60% recovery rate); AACOA (history book) mentions 93% in Akron.

STEP 1 – “We admitted we were powerless over alcohol— that our lives had become unmanageable.”

☐ **FIRST STEP – 3 PARTS:**

BODY (physical allergy / craving), **MIND** (mental obsession), and **SPIRIT** (spiritual malady).

☐ **DOCTOR’S OPINION** – describes the **BODY** of the alkie – Silky told us what our problem is **PHYSICALLY** - **page xxiv, ¶ 1 & 2** (“The physician who...”): Body is sickened as well as the mind... **ALLERGY** (later called “craving”)

START TURNING STATEMENTS INTO QUESTIONS

☐ **page xxvi, ¶ 1**

☐ “ “ , ¶ 2

☐ “ “ , ¶ 4 – “RID”: Silky touches on the state of mind of an alkie; (next page) “**phenomenon of craving**” – read this statement:

The body of the alcoholic is physically different. The liver and pancreas of the alcoholic process alcohol at one-third to one-tenth the rate of a normal pancreas and liver. Now as alcohol enters the body, it breaks down into various components, one of which is acetone. We know now that acetone triggers the phenomenon of craving. In a normal drinker, the acetone moves through the system quickly and exits. But that doesn’t happen in us. In us, the acetone is not processed out, so by staying in our body, it triggers a craving for a second drink. We have a second drink, putting in us two times as much acetone, and that makes us want a drink twice as much as the normal drinker. So we have another. Then, having three times the craving as a normal drinker, we have another. You can see from that point how we have no control over how much we drink. The craving cycle has begun and we have no control. Once the acetone accumulates in your body, and that begins to happen with only **ONE** drink, you will crave another. And how many times did we think it’d be nice to have **JUST ONE** drink to relax, but you had more? Now you see why. And this can **NEVER** change.

☐ **page xxvii, ¶ 1** (“On the other hand...”): few simple rules = 12 steps

☐ **page xxvii, ¶ 4** (“I do not hold...”): talks more about our powerlessness with craving – Silky describes it as a craving “beyond our mental control”.

☐ **page xxvii, ¶ 1** (“There are many...”): “supreme sacrifice” = **SUICIDE**

☐ “ “ , ¶ 5 (“All these, and many others...”): more talk about “craving” after he describes about 5 types of alkies – ENTIRE ABSTINENCE = the only way to overcome the physical part of our disease

☐ **BILL’S STORY** – describe the “Bill Wilson exercise”: read **first 8 pages** and highlight how you identify with Bill with the way he **thought, felt, and drank**. Read the **second 8 pages** (9 – 16), which deal with the solution and what Bill did to get and stay sober, and **mark anything that Bill did which you are not willing to do**.

☐ **page 8, ¶ 1** (“No words...”) – EXAMPLE OF “HITTING BOTTOM” – We “hit bottom” spiritually (we’ll talk more about the “**spiritual malady**” later).

☐ **Read “My Name Is Bill W.” handout (packet page 4)**

☐ Mention that on **page 13** Bill did the equivalent of the 12 steps within a couple days in Town’s Hospital.

☐ **THERE IS A SOLUTION** – **page 17** – **read entire page**

☐ “ “ , ¶ 1 & 2 (“You may already...”) mention the word “**specifically**”

☐ “ “ , ¶ 3 & 4 (“How many times...”) mention that to be “**frothy emotional appeal**” that Silky mentions on page xxvi (RN 26).

☐ “ “ , ¶ 5 & 6 and **page 21, ¶ 1**: **THREE DIFFERENT TYPES OF DRINKERS: moderate** (social), **hard** (heavy), and the **real alcoholic** – talk about **LOSS OF CONTROL AFTER THE FIRST DRINK (CRAVING)**.

☐ **page 22, ¶ 4** (“We know that while...”)

☐ **THIS COMPLETES OUR DISCUSSION OF THE FIRST PART OF STEP 1: BODY – PHYSICAL CRAVING. NEXT WE USE PAGES 23 – 43 TO LOOK AT THE MENTAL FACTOR OF OUR ILLNESS - MENTAL OBSESSION**

☐ **page 23, ¶ 1, lines 1 - 5** (“These observations...” -- “...rather than in his body.”)

☐ **page 23, ¶ 2, lines 7 – 8**: “There is an obsession that somehow, someday, they will beat the game.”

☐ “ , ¶ 4 (“The tragic truth...”) (cont. on page 24) – **LOSS OF CONTROL**

☐ page 24, ¶ 1 (“*The fact is...*”) – **LOSS OF CHOICE**

☐ “ , ¶ 2& 3 – These two ¶s give **EXAMPLES** of the **MENTAL OBSESSION** – we’ll see more examples of the **MENTAL OBSESSION** in the next Chapter, “More about Alcoholism”, in just a minute.

☐ “ , ¶ 4, lines 1 – 4 (“When this sort...”)

☐ **MORE ABOUT ALCOHOLISM** – read page 30, ¶ 1, 2, & 3

after ¶ 1, mention that 4 different words for “**lie**” are used on page 30 and page 31: **obsession** (30: 1), **illusion** (30:1), **delusion** (30:2), and **self-deception** (31:1)

☐ after first 3 ¶s on page 30, talk about **the LIE** (state of mind) **that precedes the first drink**

☐ **2 TESTS:**

1. page 31, ¶ 3

Test for craving: Suggest: “two drinks a day for thirty days, no more, no less...”
(and you can’t save them up 😊)

2. page 34, ¶ 1 (only mention page # and ¶ - don’t flip the pages to read)

Test for the mental obsession: quit drinking for one year – no AA, no program, etc.

☐ page 34, ¶ 2 & 3 (“For those who...” – “...crux of the problem.”)

☐ Chapter gives **4 examples of some states of mind that precede the first drink:**
(*****if short on time, read “Jim” only and then read “insanity” ¶**)

1. “Man of Thirty” – quit drinking for 25 years on will-power (page 32, ¶ 2)

2. “Jim” – made a beginning (possibly took the first couple steps) (page 35, ¶ 2)

JIM WAS NOT HAVING A GOOD DAY (and never enlarged his spiritual life)

3. “The Jaywalker” – a parable for the insanity (page 37, ¶ 4)

4. “Fred” – didn’t admit he was alcoholic (page 39, ¶ 2)

FRED WAS HAVING A GREAT DAY!

*******Alcohol doesn’t care if I’m in a bad mood or good mood, if it’s raining or if the sun is shining, if the team lost or if the team won, if she left me or if she stayed, etc.

☐ mention that self-knowledge is not sufficient to overcome alcoholism – even knowing this book...

☐ We've looked at 2/3 of the first Step: Physically Craving & Mental Obsession – “We admitted we were powerless over alcohol – “ Now let's look at the third part of Step 1 “—that our lives had become unmanageable.”

☐ page 52, ¶ 2, lines 3 – 8: the 8 traits of untreated alcoholism (spiritual malady) These describe the unmanageability of life...

☐ It's going tell us on page 44 in essence: “If I can't drink safely because of the physical craving I get once I take the first drink **AND** I can't keep myself from taking the first drink because of the mental obsession, then I'm **POWERLESS** over alcohol... **AND** if I'm suffering from a spiritual malady (symptoms of which we covered on page 52) which keeps me blocked from the **POWER** that will enable me to stay sober, then I'm ready to concede the First Step proposition.

☐ go back to page 30, ¶ 3 – **First Step question** – ponder the proposition and conclude to your innermost self if you are alcoholic... considering the **physical craving, mental obsession, and spiritual malady**.

☐ **STEP 1 COMPLETED – TAKE A 10-MINUTE BREAK**
If 30 minutes or more remain, proceed to Step 2...

☐ If taking break, **CHANGE TAPE**

☐ RESTART TAPE

☐ Reopen with the SET-A-SIDE PRAYER (ONLY IF BREAK WAS TAKEN)

STEP 2 – “Came to believe that a Power greater than ourselves could restore us to sanity.”

☐ page 25, ¶ 1, lines 1 – 4 (“There is a solution...” – “successful consummation.”)

DEFINITION OF PROCESS:

1. (noun) A series of actions, changes, or functions bringing about a result
2. (verb) To put through the steps of a prescribed procedure

☐ continue with rest of page 25, ¶ 1

☐ continue to next paragraph: page 25, ¶ 2 (“The great fact...”)

☐ go to page 569, Appendix II: “Spiritual Experience”

☐ back to page 25, ¶ 3 (“If you are...”) **TWO ALTERNATIVES:**

1. die an alcoholic death (*drunk or sober*)
2. or accept spiritual help

☐ page 43, ¶ 3 (“Once more...”) –
“Think the drink through”
“Keep your memory green”
“Remember the consequences...”
“Remember your last drink”
“Call your sponsor”

☐ WE AGNOSTICS – read page 44, ¶ 1 & 2

☐ page 45, ¶ 1 (“Lack of power...”)

☐ “ , ¶ 2, lines 1 – 7 (“Well, that’s exactly...” – “...arises with agnostics.”)

☐ Definition of *atheist* and *agnostic*:

An *atheist* is someone who does not believe or denies the existence of God

An *agnostic* is someone who believes that there can be no proof of the existence of God but does not deny the possibility that God exists – the *agnostic* is unsure that God or a god exists

☐ page 45, ¶ 3 (“We know how...”)

- page 46, ¶ 1 & 2 (“Yes, we of agnostic temperament...”)
- page 47, ¶ 1 & 2 (“When, therefore, we speak...”)
- Talk about the **SECOND STEP QUESTION** (page 47, ¶ 2)
- Talk about the construction references (willingness = foundation = page 12, belief = cornerstone = page 47... we’ll find another stone in Step 3)
- page 47, ¶ 4 (“Besides a seeming...” -- continued on page 48)
- page 50, ¶ 2, 3, & 4 (“In our personal stories...” – page 51 “...why one should have faith.”)
- page 53, ¶ 2 (“When we became alcoholics...”) **SECOND STEP CHOICE**
- page 55, ¶ 2 (“Actually we were fooling...”) **WHERE DO WE FIND GOD**
- “ , ¶ 3 (“We can only clear...”)
- IF TIME, read page 55, ¶ 5 – page 57, ¶ 3 (end of chapter)
- STEP 2 COMPLETED** – go to LUNCH or move to CHAPTER 5, STEP 3... depending on time

CHECK TAPE & TURN ON RECORDER

CHAPTER 5 – HOW IT WORKS, page 58 – read **Original Manuscript**
(Pre-publication multi-lithe version, before the last revision...)

STEP 3 – “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Explain **DECISION, WILL = THINKING, LIFE = MY ACTIONS**

page 60, start with “The first requirement” **until top of page 62 – PERSONALIZE using my name**

page 62, ¶ 1 (“Selfishness—self-centeredness...”)

Read “Am I selfish?” (**packet page 5**)

page 62, ¶ 2 (“So our troubles...”) – **GREATEST STATEMENT OF HOPE**

“ , ¶ 3 (“This is the how and...”) – **THIS IS OUR 3RD STEP DECISION**

“I have to ask myself, is this what I want:
God = Director, I = actor (play the role He assigns...not the role I assign myself)
God = Principal, I = agent (for God... example of Insurance Agent)
God = Father, I = His kid
God = Employer, I = His employee (from the next page)

Explain “keystone” (**overhead & packet page 6**)

Read “Third Step Parable” (**packet page 5**)

page 63, ¶ 1 – **THIRD STEP PROMISES**

“ , ¶ 2 – **THIRD STEP PRAYER (read only)**

“ , ¶ 3 – **Comment on** “The wording was, of course, quite optional...”

“Some Variations of the Third Step Prayer” (**packet page 7**) **only refer to it**

“The Third Step Prayer Exercise” (**packet page 8**) – **WRITE YOUR OWN 3RD STEP PRAYER**

Depending on time, BREAK FOR LUNCH or take a break to WRITE PRAYER

(AFTER LUNCH or BREAK)

Read your prayer to your partner

Now say **THIRD STEP PRAYER on page 63 AS A GROUP (overhead)**

Step 4 – “Made a searching and fearless moral inventory of ourselves.”

page 63, ¶ 4 (“Next we launched...”)

page 64, ¶ 1 & 2 (“Therefore , we started...”)

RESENTMENT INVENTORY

*****Note: During inventory, take a break as needed – check clock / time / tape**

“ , ¶ 3, lines 1 - 2 (“Resentment was the “number one” offender. It destroys more alcoholics than anything else.”)

Definition of **RESENTMENT** (from the dictionary):

- Indignation or ill will felt as a result of a real or imagined grievance.
- A feeling of deep and bitter anger and ill-will.
- Strong displeasure; anger; hostility provoked by a wrong or injury experienced.
- **Synonyms**: Anger; irritation; vexation; displeasure; grudge; indignation; wrath; rage; fury.
- Anger is the broader term, denoting a keen sense of disapprobation (usually with a desire to punish) for whatever we feel to be wrong, whether directed toward ourselves or others. Resentment is anger excited by a sense of personal injury. It is that reaction of the mind which we instinctively feel when we think ourselves wronged. Pride and selfishness are apt to aggravate this feeling until it changes into a criminal animosity; and this is now the more common signification of the term. Being founded in a sense of injury, this feeling is hard to be removed; and hence the expressions bitter or implacable resentment.

page 64, ¶ 3 & page 65, ¶ 1 – DIRECTIONS FOR FIRST THREE COLUMNS OF RESENTMENT INVENTORY

Display **overhead** “RESENTMENT INVENTORY” (**packet page 11** (and 12)) and refer to “RESENTMENT INVENTORY PROMPT SHEET” (**packet page 9**)

Note: When writing names list, do on separate piece of paper, not on sheets

WHEN WRITING INVENTORY, WE WRITE DOWN, NOT ACROSS

Give examples of first three columns on board

read from bottom of page 65 – end of ¶ 3 on 66 when examples are complete

page 66, ¶ 4 – page 67, ¶ 1 - FACING AND BEING RID OF RESENTMENTS (Prayer) – SUGGEST DOING THIS WHEN WRITING AND DURING MORNING PRAYER AND MEDITATION UNTIL THE RESENTMENTS ARE GONE AND ALL THROUGHOUT THE DAY WHEN RESENTMENTS CROP UP.

IF TIME – read page 551 – 552: “Freedom from Bondage”

page 67, ¶ 2 – DIRECTIONS FOR FOURTH COLUMN

Complete 4th column on board

Explain how if I didn't do column 4, person in column 1 wouldn't have done column 2, and I wouldn't have felt like I did in column 3 and therefore I wouldn't have the resentment.

Explain how there may be some instances where I wasn't at fault for what the person did (ex: rape, sex molestation as a kid); but where I am wrong is by holding onto the resentment *today*.

Explain how when 4 columns are complete, we'll have all the information we need for Steps 5, 6, 7 (4th column) and 8 (1st column) and we've begun to develop tools for daily practices of 10 & 11.

FEAR INVENTORY

read page 67, ¶ 3 (“Notice that the word fear...”)

page 68, ¶ 1 – FEAR INVENTORY INSTRUCTIONS

refer to “Fear Inventory Prompt Sheet” (**packet page 10**) and display **overhead** “FEAR INVENTORY” (**packet page 13** (and 14))

Do examples of FEAR INVENTORY on board – **when writing down a fear, suggest writing the OPPOSITE also**

☐ read page 68, ¶ 2 & 3 (“Perhaps there is a better way...”)

☐ **Explain** how to outgrow fear – **FEAR PRAYER TOOL – SUGGEST SAYING FEAR PRAYER WHEN WRITING, IN THE MORNING, AND ALL THROUGHOUT THE DAY WHEN FEAR CROPS UP.**

SEX INVENTORY

☐ page 68, ¶ 4 – **NOW ABOUT SEX** – “Overhauling... not a minor tune-up!”

☐ page 69, ¶ 1 – SEX INVENTORY INSTRUCTIONS

☐ display overhead “SEX INVENTORY” (packet page 15 (and 16))

☐ Do examples of SEX INVENTORY on board **if time**

☐ Refer to “Chosen Sex Ideal” handout (packet page 17)

☐ page 69, ¶ 2 & 3 – SEX IDEAL INSTRUCTIONS – **emphasize prayers MOST OF YOUR IDEAL WILL COME FROM COLUMN 4 (What should I have done instead?) in SEX INVENTORY**

“I have my most current written sex ideal if anyone would like to see it during the break or any time tomorrow... **I like to write it and put it in the form of a prayer** starting with Dear God, Please help me to be...”

☐ page 69, ¶ 4 (“God alone can judge...”)

☐ page 70, ¶ 1 (“Suppose we fall short...”) – **WARNINGS**

☐ “ , ¶ 2 (“To sum up ...”) – **MORE PRAYER & HELP OTHERS**

☐ Mention that the “Sex & Harms Inventory” can be used for **ANY ADDITIONAL HARMS EXCLUDING SEX**. Example: **Robberies, assault, slander, etc.**

☐ read page 70, ¶ 3 & 4 (“If we have been...”) – read to end of chapter

☐ Close for the day or move onto **STEP 5 IF TIME**

If starting Step 5 **Sunday Morning**, do a **Review of first Four Steps Meditation...**

STEP 5 – “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

CHAPTER 6 – INTO ACTION

page 72, ¶ 1 & 2

page 73, ¶ 1 & 2 (“More than most people...”)

page 73, ¶ 4 (“We must be entirely honest...”) – **PERSON OR PERSONS: MULTIPLE 5THS**

page 74, ¶ 1, lines 1 – 2 (“If we cannot or...”) – **SKIP TO END OF ¶**

page 74, ¶ 1, lines 9 – 11 (“The rule is...”)

page 74, ¶ 2 (“Notwithstanding...”) – **FIRST 6 LINES OF ¶ REALLY DON'T APPLY TODAY**

page 75, ¶ 1 & ¶ 2, lines 1 – 2 (“When we ...”) – **5TH STEP INSTRUCTIONS**

page 75, ¶ 2, lines 2 – 9 (“Once we have...”) – **5TH STEP PROMISES**

page 75, ¶ 3 (“Returning home...”) – **AFTER 5TH QUIET HOUR REVIEW**

Talk about **HOW WE LISTEN TO 5THS** – IF TIME (if Sunday morning) **MENTION THE IMPORTANCE OF “KEEP A CONFIDENCE” AND USING PRAYER TO BRING UP INTO AND OUT OF 4TH & 5TH STEPS... GOD KEEPING US SAFE AND PROTECTED.**

Close for day if doing 5th Step on Saturday... If Sunday, move onto Step 6.

☐ If starting Step 6 **Sunday Morning**, do a **Review of first FIVE Steps Meditation...**

STEP 6 – “Were entirely ready to have God remove all these defects of character.”

☐ page 76, ¶ 1 (“If we can answer...”) – **STEP 6 (overhead & packet page 18)**

☐ Explain how I use the **defects checklist** for Step 6.

☐ Explain how I ask myself **3 questions for Step 6**:

1. Am I now ready to let God remove them?
2. Can he now take them all – every one?
3. And will He, for me...? (**Not in Big Book, I add it.**)

STEP 7 – “Humbly asked Him to remove our shortcomings.”

☐ page 76, ¶ 2 (“When ready...”) – **7TH STEP PRAYER (overhead & packet page 19)**

☐ Explain Defects & Assets sheet

☐ Say **7TH STEP PRAYER TOGETHER AS A GROUP** – (overhead & packet page 20)

STEP 8 – “Made a list of all persons we had harmed, and became willing to make amends to them all.”

☐ read page 76, ¶ 3

☐ Explain “Amends & Restitution List” handout (**overhead & packet page 21**)

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

☐ refer to “Important Points Regarding Amends & Restitution” handout (**packet page 22**)

☐ page 76, ¶ 4 – page 77, ¶ 1, lines 1 – 4 (“Probably there are still...”)

☐ page 77, ¶ 1, starting with line 4 – page 78, ¶ 1 (“The question of...”)

(1) **AMENDS TO THOSE WE HATE, DISLIKE, OR RESENT**

page 78, ¶ 2 (“Most alcoholics owe...”)
(2) **AMENDS TO THOSE WE OWE MONEY**

page 78, ¶ 3 – page 79, ¶ 1 (“Perhaps we have committed...”)
(3) **AMENDS IN CASES OF CRIMINAL OFFENSE**

EMPHASIZE the **PRAYER** on page 79, ¶ 1 (“Reminding ourselves...”)

page 79, ¶ 2 – page 80, ¶ 4 (“Usually, however, other people...”)
(4) **AMENDS WHEN OTHERS ARE INVOLVED**

page 80, ¶ 5 – page 82, ¶ 1 (“The chances are that...”)
(5) **AMENDS IN DOMESTIC SITUATIONS**

page 82, ¶ 2 – 83, ¶ 2 (“If we have no such...”) **AMENDS TO THE FAMILY AND IN THE HOME**

EMPHASIZE the **PRAYER** on page 83, ¶ 1, lines 8 – 10 (“...asking each morning...”) – **PATIENCE, TOLERANCE, KINDLINESS, AND LOVE**

page 83, ¶ 3 (“There may be some wrongs...”) **MAY BE SOME WRONGS WE CAN NEVER FULLY RIGHT... OR SOME AMENDS WE CAN'T DO FACE-TO-FACE... BUT WHAT CAN WE DO?: letters, gravesites, amend to someone's “spirit”**

page 83, ¶ 4 – page 84, ¶ 1 (“If we are painstaking...”) – **9TH STEP PROMISES**

Take a break

☐ Check tape

☐ refer to Step 10 & 11 handout (**packet page 23**)

STEP 10 – “Continued to take personal inventory and when we were wrong prompted admitted it.”

☐ **page 84, ¶ 2 – page 85, ¶ 1** (“This thought...”)

EMPHASIZE:

- The word “continue” is mentioned 3 times in ¶ 1
- “We have entered the world of the Spirit.”
- 10th step directions
- WADAT = Watch, Ask, Discuss, Amends, Turn
- 10th step promises
- WARNING: Resting on laurels – not cured; daily reprieve
- Vision
- “Thy will (not mine) be done” PRAYER
- **Proper use of *my will***

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 that out.”

☐ **page 85, ¶ 2 – 88** (end of chapter) (“Much has already...”)

EMPHASIZE:

- Vital sixth-sense / intuition
- **Evening Review**
- **On Awakening**
- Meditation / Quiet-Time
- Prayer after meditation
- Praying with family
- Make use of what men of religion offer
- Books (not just conference approved books)
- **As we go through the day**
- Another “Thy will be done” prayer

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

Break down the 12th Step

- Spiritual awakening as THE result...
- ...carrying THIS message... 12 Step Call – Chapter 7: “Working With Others”
- ...practicing these principles... Chapter 8, 9, 10, 11

Closing:

read page 162, last line of the page – page 163, ¶ 1

read page 164, ¶ 1 – end of chapter