

1
The Way Out
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1

Welcome! and thank you for attending.....

The material to be presented has been compiled, reviewed, and revised during the last century by countless individuals and many organizations. That with which we are most familiar is the most recent seven years of presentation, study and experience in Central Minnesota.

We thank Charley & Joe, "The Big Book Comes Alive" and Blaine & John, "Back To Basics Big Book Study" for the insights and information we have gained from the "Big Book Study Weekends" that they have presented and their audio tapes. A special thank you also to Duane, Georgia, Torgy and many others who have been so ready to present the message wherever asked. Special acknowledgement also to the following groups that have been so supportive in helping with these presentations; "Old Time AA" 7:00 pm Sunday, Various homes; "Monday Night Live" 7:00 pm Monday, Place of Hope, St. Cloud, MN; "My Home Group" 7:30 pm Tuesday, Various homes; "Back to Basics - Big Book Study" 10 am Thursday, St. Cloud Alano; "There is a Solution" Friday 7 pm, St. Cloud, MN Alano; "Big Book Study Group Committee"; "West Central Roundup Committee"; and any other groups and individuals who have helped.

Our Presentations are available in five different lengths, each building on the content of the shorter one. The goal is to present the true message of Alcoholics Anonymous in an uncompromising manner allowing each attendee the opportunity to experience the results of following the inspired directions for The Program as they are set forth in the first 164 pages of the Big Book.

QUICK Steps 1 hour - Two to twelve presenters 4 minutes per step.
formerly The Tag Team Steps

The Step Walk Thru 2 hour - Two presenters - Step four emphasis.

Roots of Recovery 3 - 4 hours - Two or three presenters
formerly "The Power Steps" Big Book, Dr. Bob, Pass it On

The Way Out 6 - 8 hours - 4 two hour sessions - Real Depth
Some non-conference material used..

There is a Solution 10 - 12 hours - Over a weekend - Spiritual Emphasis

Where Presented:

1995-96 - Willmar Alano & Path Recovery Center & Various Homes
1997-98 - St. Cloud Alano, Halfway Houses, Treatment Centers.
World Wide Web & Various Homes..
1999-2000 - "Place of Hope", Andover Alano & Various Homes.
2001-2002 - "Place of Hope", "Wilson House", East Dorset, Vermont

Formats:

Many real alcoholics have participated in the "**Tag Team Steps**" concept. This approach is normally used for exchange group presentations and also some treatment center presentations where the time constraint is approximately one hour for the entire meeting. Each presenter relates their personal experience in the context of the AA message as set forth in the first 164 pages of the Big Book. The four minute per step time constraint helps bring out the most important features of each step and makes for a lively and diverse experience.

The "**Step Walk Through**" focuses on the Big Book instructions for step four. The first three steps are reviewed in brief. And the fifth step guidelines are covered. This is intended to help launch individuals out on a course of vigorous action. It is usually facilitated by two recovered alcoholics presenting to one or more recovering alcoholics in an informal setting.

The "**Power Steps**" or "**Roots of Recovery**" are approximately four hour presentations bringing out the origins of the Big Book and the directions for the program that has been so effective in bringing about recovery from alcoholism. All twelve steps are covered using the first 164 pages of the Big Book, plus the Doctor's Opinion, forwards and appendixes. "Dr. Bob and the Good Old Timers", "Pass It On", "AA Comes of Age", and the "Twelve Steps and Twelve Traditions" are used as reference material. "**The Power Steps**"

also include non-conference spiritual material used by the first one hundred, such as, The Holy Bible. Past Presenters have been Phil N., Tim C., Jeff G., Beth K., Polly B., Jim M., Gary F., Doug H., Bob J., Rich A., Duane F.

For A much more in depth look at The Program and the directions required to recover, "**The Way Out**" offers an opportunity to actually do and experience the steps together in fellowship the way the AA pioneers did them. This is usually accomplished over a four week period, meeting once each week for two hours. In addition to the conference approved material mentioned above, some of the material that was required reading for the first one hundred is also used. Other supporting historical material is also presented. Past Presenters of "The Way Out" have been Phil N. & Tim C., Duane F., Bob J., Ed R., Mike D., Mark L. O.

For an entire weekend of spiritual awakening, "**There is a Solution**" provides the actual information and experiences required for a personality change sufficient to bring about recovery from alcoholism. Multiple presenters bring The Program to life during fourteen hours of intense recovery experiences.

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Workbook answers - Red fonts underlined are used for workbook answers.

Important ideas - Blue fonts bold are used for significant concepts.

Actions to take such as "pass out sheets" are [[[enclosed in brackets]]]

Full text to be read from source or recapped is in orange.

————> commentary <————

Hello My Name Is: _____
and I am a _____

Welcome to: THE WAY OUT "There Is A Solution"

[[[**Handout**- Serenity Prayer]]]

Please join me in [the long form of] the Serenity Prayer.

The Purpose of this study is to show you **precisely, specifically, with clear cut directions, exactly how we recovered** from alcoholism.

We do not intend to offend anyone. If you are offended or object to the subject matter please bear with us. Keep an open mind. If you would like to discuss the subject matter with someone, we will be happy to address your questions and concerns at breaks and after the meeting. The greeters are available to assist you.

This is **NOT** a discussion meeting. We have a lot of material to cover in a short time. Please hold any questions until the breaks or affirmation at the end of each step.

Upon completion of each step we will affirm that we have either completed the step or have a sufficient understanding to complete it as soon as possible.

Books we will use:

Conference Approved

"Big Book" **Alcoholics Anonymous** [First Edition wherever possible]

The Story of
How many Thousands of Men and Women
Have Recovered from Alcoholism

Pass It On (Biography of Bill W. & "Big Book")

Bill W.'s life story; how the A.A. message reached the world

Dr. Bob and the Good Oldtimers (Growth of AA)

A biography, with recollections of early A.A. in the Midwest

Alcoholics Anonymous Comes of Age

A brief history of A.A.'s first two decades

Twelve Steps and Twelve Traditions

An interpretive commentary on the A.A. program

by a co-founder

We will also be using some non-conference approved material.

Second Edition of the Big Book, 1955

BB 2nd Dust Cover, pr 3>

Of course, the basic text itself, page 1 to page 165, remains substantially unchanged. To the minds of most A.A.'s, this should stand as first written.

Third Edition of the Big Book, 1976

BB 3rd Dust Cover, pr 3> ...but, the basic text itself, page 1 to page 164, remains substantially unchanged. This is the A.A. message.

BB 2nd pg xi, pr 2>

PREFACE to 2nd edition, 2nd paragraph starts out: Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists a sentiment against any radical changes being made to it. Therefore, the first portion of this volume,

BB 3rd pg xi, pr 2>

PREFACE to 3rd edition, 2nd paragraph starts out: Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists a sentiment against any radical changes being made to it. Therefore, the first portion of this volume, describing the A.A. recovery program has been left untouched in the course of revisions made for both the second and third editions. The section called "The Doctor's Opinion" has been kept intact, just as it was originally written in 1939 by the late Dr. William D. Silkworth, our Society's great medical benefactor.

BB 2nd & 3rd pg XV, pr 3> The spark that was to flare Akron, Ohio, in June 1935,New York stockbroker and an Akron physician. Six months earlier,alcoholic friend.... Oxford Groups.... Also ... Dr. William D. Silkworth a New York specialist in alcoholism.... **no less than a medical saint** by AA memberstenets of the Oxford Groups.... moral inventory, confession of personality defects, restitution to those harmed, helpfulness to others, and the necessity of **belief in and dependence on God.**

Prior to his journey to Akron
..... he **must** carry his message to another alcoholic.

More about the doctor later in step one.

PIO -179 pr 1>

**Bill and Bob knew 40 cases of recovered alcoholics in Ohio and New York.....
had proved the effectiveness of their methods.....
..."number of alcoholics in the world who wanted to get well was reckoned in the millions."**

.....snails pace

"We could therefore no longer be a seldom-heard-of secret society. Word-of-mouth communication with the few alcoholics we could contract by our then-current methods would be not only slow but dangerous... because the recovery message in which we now had such high confidence might soon become garbled and twisted beyond recognition. Clearly our budding society and its message would have to be publicized."

.....paid missionaries...special hospitals.... Finally, they needed a book that would tell the story "to the world" and would also prevent garbling or distortion of the message.

June 10, 1935 Birth of AA, Akron
Late 1937 ... 40 staying sober in Akron and New York
Cleveland contingent coming to Akron.
Spring 1939 100 recovered alcoholics. Big Book published.
Fall 1939 Fulton Oursler, editor *Liberty* "Alcoholics and God".
End of 1939 800 alcoholics were on their way to recovery.
Spring 1940 Rockefeller dinner.
Many went to bookstores for "Big Book"
March 1941 2,000 members. Jack Alexander Article.
Saturday Evening Post
Close of 41 8,000 members. mushrooming was in full swing.
AA had become a national institution

[[[Hand out step prayers]]]

BB 2nd & 3rd, pg 571, pr 2
Appendix III THE MEDICAL VIEW OF AA
Dr. Foster Kennedy, neurologist: "This organization of Alcoholics Anonymous calls on two of the greatest reservoirs of power known to man, religion and that instinct for association with one's fellows . . . the 'herd instinct',
I think our profession must take appreciative cognizance of this great therapeutic weapon. If we do not do so, we shall stand convicted of emotional sterility and of having lost the faith that moves mountains, without which medicine can do little."

BB 2nd & 3rd, pg 574, pr 3
Appendix V THE RELIGIOUS VIEW OF AA
The Episcopal magazine, *The Living Church*, observes editorially "The basis of the technique of Alcoholics Anonymous is the truly Christian principle that a man cannot help himself except by helping others."

BB 2nd pg XXI pr 1, last two sentences of the forward >
Upon therapy for the alcoholic himself, we surely have no monopoly. Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the high road to a new freedom.

Organization of the Presentation

This Manual

CODING USED

Quick Steps formerly The Tag Team Steps - **One hour**

red, heavy line boxed, shaded with shadow.

Material that is very significant to understanding each step and ought to be covered.

Do not necessarily need to read. but do portray the idea.

The Step Walk Through - **Two hour**

White circles in heavy black line, shaded box with Blue shadow.

This and the previous information are very pertinent in laying the foundation for step four.

Roots of Recovery - **four hours**

Black dashed line with gray shadow, as well as, all material above in blue and red boxes are essential to providing a genuine overview of our roots.

Power Steps - **four hours**

Black square line with magenta shadow

, is used for material for the Power Steps which may not have been used in the Roots of Recovery. *Bible verses, etc.*

The Way Out - **6 to 8 hours**

White dashes line, no shadow

Use all material except that which is boxed in green.

There is a Solution - **10 to 12 hours**

Green thin line box, no shadow, page numbers and all other material.

BB - pg xiii > Original Preamble

We are not an organization in the conventional sense of the word. There are no fees nor dues whatsoever. The only requirement for

membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted.

from: Foreward to 1st Edition - Big Book of Alcoholics Anonymous
(Copyright expired)

BB 3rd - pg 570> *There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance - that principle is **contempt prior to investigation.***"

- Herbert Spencer

BB - pg xiii > We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics **precisely how we have recovered** is the main purpose of this book.

BB - pg 20 > Doubtless you are curious to discover how and why, **in the face of expert opinion to the contrary**, we have recovered from a hopeless condition of mind and body. If you are an alcoholic who wants to get over it, you may already be asking - "What do I have to do?"

It is the purpose of this book to answer such questions **specifically.**

BB - pg 29 > Further on, **clear-cut directions are given showing how we recovered.** These are followed by forty-three personal experiences.

Each individual, in the personal stories, describes in his own language and from his own point of view **the way he established his relationship with God.** These give a **fair cross section of our membership** and a **clear-cut idea of what has actually happened in their lives.**

BB - pg 45 > Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?

Well, that's **exactly** what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.

BB 2nd & 3rd pg XX >

Of Alcoholics who came and really tried, 50% got sober at once and remained that way (Never drank again for the rest of their life); 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. (didn't like the God stuff???) But great numbers of these — about two out of three — began to return as time passed.

50% got sober and remained.

25% some relapses.

=====

75% recovery rate. (minimum)

great numbers began to return 15% other thousands.

=====

90% recovery rate (possible)

Today A.A. claims less than 10% recover.

Many treatment centers claim about a 5% success rate (one out of twenty). They call there alumni to see who is sober after one year. Most treatment centers do not believe an alcoholic can recover.

Books we will use:

Non-Conference approved

Dictionary

The Holy Bible (Various Versions)

Sermon on the Mount - Emmet Fox

My Utmost For His Highest - Oswald Chambers

The Upper Room – A Methodist Publication

A Design For Living - Dick B.

The Good Book and The Big Book - Dick B.

How It Worked – Mitch K. (Only authorized biography of Clarence Snyder).

[[[Handout - The Way Out Work Book]]]

There is a lot to cover and we will be at a fast pace, if you just listen and jot down notes and references, you can go back later at your leisure and review the material, thereby getting as much as possible from the material presented.

The workbook is intended as an aid to your note taking. You may just want to jot down page numbers for later review of the material.

{Handout - Original Forward to First Edition}

The following quote was the lead-in to “An Artists Concept” in the entertainment section of the first printing of the first edition of the Big Book of Alcoholics Anonymous. When the story was removed this quote was retained and moved to the end of appendix 2.

The above quotation is descriptive of the mental attitudes of many alcoholics when the subject of religion, as a cure, is brought to their attention. It is only when a man has tried everything else, when in utter desparation and terrific need he turns to something bigger than himself, that he gets a glimpse of **the way out**. It is then that contempt is replaced by hope, and hope by fullfilment.

—> **Precise, specific, exact, clear cut DIRECTIONS not suggestions**

[[[**Handout - recovered vs. recovering**]]]

BB pg XX Another reason for the wide acceptance of AA was the ministrations of friends--

Authority of the Big Book Established!