

Spiritual Malady

A Journey from Desperation to Prosperity 

Ice Cream or Sundae

Unwrapping Gifts/ Developing Relationships through the Steps

Physical/ Material Object with Spiritual Significance or Meaning

- What does it represent
- What does it mean to you
- What do you receive from it
- What are the characteristics/ qualities associated with the object
- Keep it with you; live the characteristics/ qualities; pass them on
- Men in Recovery/ Brothers of the Journey

The feeling of having shared in a common peril is one element in the powerful cement which binds us; BB,pg. 17

You never step in the same river twice

- Be Present; in the moment; shared, unique experience
- Individual experience; never the same (Stones; Anchor/ Spiritual Triggers) (Dexter)

Overview

- Theory/ Practice : The Journey
- The Malady
- Spirit/ Soul
- Interconnectedness
- Relationships/ Gifts
- Fear
- Anger/ Resentments
- Grief/ Loss
- Lifestyle Balance
- Living the Steps/ Unwrapping Gifts/ Developing Relationships/ Celebrating the Gift

Theory/ Practice

Identify + Assess/ Unwrap = Spiritual Experience + Personality Change
Gifts
Relationship Development

Sufficient to Recover
From Alcoholism

Unwrapping + Living/ Celebrating = Spiritual Awakening + Daily Reprieve

Enhance Relationships	Essential	Contingent
Maintain Relationships	Principal	Maintenance

The Journey

- Journey = a process or course likened to traveling/ passage; to move along a particular course; make ones way
- Desperation = having lost all hope; extreme in degree; hopelessness
- Prosperity = to be fortunate or successful; steady good fortune

The joy is in the journey and the relationships developed along the way; be present; in the moment; and embrace the experience (Pain = Joy)

Malady

- A desperate condition
- An unwholesome or disordered condition
- One that is chronic or deep-seated
- A pathological condition of mind or body

Spirit / Soul

Spirit

- The principle of conscious life
- Animating the body (having life) or mediating between body and soul

Soul

- The activating or essential principle influencing a person

Interconnectedness

- Body; Mind; Soul
- Physical; Emotional; Spiritual

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

(Forward to First Edition)

Spiritual Malady

- A desperate, deep-seated, chronic condition adversely affecting the activating or essential principle influencing a person
- Terror
- Bewilderment Hideous Four Horsemen
- Frustration
- Despair

When the spiritual malady is overcome, we straighten out mentally and physically, BB pg. 64.

Relationships & Gifts

- Relationship = the condition or fact of being related; association between two or more things; (connection; association; correlation; linkage)
- Gift = something bestowed voluntarily and without compensation; offering, something given to a cause

Desperation

But not so with the alcoholic illness, for with it there goes annihilation of all things worth while in life.

BB pg. 18

He cannot picture life without alcohol. Some day he will be unable to imagine life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end. BB pg. 152

Relationships of Desperation

Pain + A/D = Immediate Pleasure + Future Pain

Connections/ Associations

- Relationships with alcohol/ substance use
- Relationships with immediate pleasure (pay-off)
- Relationships with future pain
- Relationship with SELF

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol,

BB pg. 33 (Snake)

- High Cost of Living
- Jamey Johnson



FEAR

- Fear = a feeling of agitation and anxiety; to be afraid of; alarm; apprehension; horror

F--- Everything And Run

False Evidence Appearing Real

Face Everything And Recover

The chief activator of our defects has been self-centered fear--- primarily fear that we would lose something we already possessed or would fail to get something we demanded. SB pg. 76

Resentment

- Resentment = ill will felt as a result of a real or imagined grievance; extreme displeasure; to feel strongly; to be angry
- Explore your relationship with resentment/ obstacle to healthy relationship development

Resentment is the “number one” offender. It destroys more alcoholics than anything else. BB pg. 64

But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found it to be fatal. BB pg. 66

Anger

- Anger = a strong feeling of displeasure or hostility

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for the alcoholic these things are poison. BB pg. 66

For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. BB pg. 66

Grief and Loss

DENIAL

- A period of numbness and shock
- The slow realization of what happened and the beginning of adjusting to reality

ANGER and GUILT

- Grief gives rise to a variety of feelings as the shock wears off
- Feelings of anger at the person or thing you lost, the cause of the loss, etc.
- Guilt for surviving

Grief and Loss

Sadness and Despair

- There are varying degrees of sadness, loneliness, and yearning
- Tears, sadness, thinking about the loss
- Reaching out to others is essential for healing

Acceptance and Hope

- Gradually accepting your loss and adjusting to the changes it brings
- Gradual beginning of hope for a stronger wiser future
- Understanding this takes time and is painful

Grief and Loss

Aftermath

- Just when you think you are over the loss, reminders can plunge into another wave of grief
- These waves of grief gradually become smaller, less frequent and easier to deal with over time

Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them, BB pg. 124 (Tim McGraw)

(Live like you were dying)💡

Lifestyle Balance

Physical Self-Care

- Eat regularly/ healthy: e.g. breakfast; lunch; dinner
- Exercise
- Medical care: when needed/ prevention
- Time off when sick
- Physical activity that is fun; walk; run; sports
- Get enough sleep
- Stress management
- Take vacations/ mini vacations
- Time away from telephones

Lifestyle Balance

Psychological Self-Care

- Make time for self-reflection
- Outside counseling/ psychotherapy
- Journal/ Affirmations
- Read literature that is unrelated to work
- Do something at which you are not an expert or in charge
- Decrease stress in your life
- Notice your inner experiences; listen to your thoughts; judgments; beliefs; attitudes; and feelings
- Let others know different aspects of you
- Try new things
- Practice receiving from others

Lifestyle Balance

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Affirmations; acknowledge accomplishments/ successes
- Find ways to increase your self-esteem
- Identify comforting activities; objects; people; places and seek them out
- Allow yourself to cry
- Find things to make you laugh
- Express your feelings
- Spend time/ play with children

Lifestyle Balance

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate; pray; sing
- Spend time with children
- Contribute to causes in which you believe
- Have experiences of awe

(The Breath You Take)
George Strait

Living the Steps/ Unwrapping the Gifts

- Identifying/ assessing relationships
- Identifying/ assessing gifts
- Unwrapping; Living; Celebrating; and Sharing gifts (Ed J.)

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

Procrastination is opportunity's natural assassin

Kenny Chesney, Don't Blink

Don't Blink

Step 1: We admitted we were powerless over alcohol— that our lives had become unmanageable

- Admit = to allow to enter; to have room or possibility for; to concede or avow (to declare openly as fact)
- Powerless = destitute; not having/ lacking of power; without authority
- Admission of powerlessness is the first step to liberation
- Relation of humility to sobriety
- Mental obsession/ Physical allergy

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people , or presently may be, has to be smashed. BB pg. 30

Step 1: We admitted we were powerless over alcohol – that our lives had become unmanageable

- Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us. SB pg. 21
- The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately destroy ourselves in the process. SB pg. 22
- **Acceptance** = to allow admittance; to regard as true
- **Providence** = unforeseen care and guidance of God or nature

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

- Believe = to accept as true, to have faith
- Power = strength or force actually put fourth; any form of energy available for doing work
- Greater = considerable in degree, intensity; having unusual merit or skill
- Restore = to bring into existence or effect again; to bring back to health
- Sanity = in working order of the balance of reason
- Importance of an open mind
- Roadblocks of indifference and prejudice
- Problems of intellectuality and self-sufficiency
- Defiance is an outstanding characteristic of alcoholics
- Right relation to God

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

We needed to ask ourselves but one short question. Do I now believe , or am I even willing to believe, that there is a Power greater than myself? As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. BB pg. 47

The roadblocks of indifference, fancied self-sufficiency, prejudice, and defiance often prove more solid and formidable for these people than any erected by the unconvinced agnostic or even militant atheist. SB pg. 28

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

The love of God and man we understood not at all. Therefore we remained self-deceived, and so in cable of receiving enough grace to restore us to sanity. SB pg. 32

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 pg. 45

- **Belief** = placing trust/ confidence in another
- **Trust** = firm reliance on the ability of a person or thing; believe in

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood him

- Decision = a conclusion or judgment reached by deciding
- Will = the power of conscious, deliberate action or choice; that which is wanted, chosen or determined upon
- Care = watchful regard; have relation or meaning to; charge or guardianship
- Understood = to know the meaning of; derive by reasoning; to be informed; believe
- Willingness is the key
- Dangers of self-sufficiency
- Misuse of willpower

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. BB pg. 60

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood him

Selfishness – self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. BB pg. 62

We are now at Step Three. Many of us said to our Maker, *as we understood him*: God, I offer 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 last abandon ourselves utterly to him. BB pg. 63

- **Understanding** = comprehend the nature and significance of; take in
- **Faith** = belief that does not rest on logical proof; confident belief in the truth

Step 4: Made a searching and fearless moral inventory of ourselves

- Searching = to examine closely; probe; to learn by investigation
- Fearless = having or showing courage; bold; brave; courageous
- Moral = relation to conduct or character from the point of view of right and wrong; of good character
- Inventory = a list of articles; a list of goods in stock
- Instinct = an inborn pattern of behavior; powerful motivation or impulse
- An effort to discover our liabilities
- Extremes in instinctive drives
- Assets can be noted with liabilities
- Self-justification is dangerous
- Beginning of a lifetime practice

Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions. BB pg. 64

Step 4: Made a searching and fearless moral inventory of ourselves

Therefore we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. We did exactly the same thing with our lives. We took stock honestly. BB pg. 64

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. SB pg. 42

Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities. SB pg. 42

But it is from our twisted relations with family, friends, and society at large that many of us have suffered the most. We have been especially stupid and stubborn about them. The primary fact we fail to recognize is our total inability to form a true partnership with another human being. SB pg. 53

Step 4: Made a searching and fearless moral inventory of ourselves

In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. BB pg. 64

For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. BB
pg. 64

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for the alcoholics these things are poison. BB pg. 66

Step 4: Made a searching and fearless moral inventory of ourselves

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. BB pg. 68

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. BB pg. 68

We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself. BB pg. 71

- **Perspective** = the ability to perceive things in their actual interrelations; unbroken view
- **Insight** = grasping the inward nature of things

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

- Exact = complete in every detail; altogether accurate
- Nature = the essential character of something
- Wrongs = a wicked act or behavior; treat unjustly
- Ego deflation
- Necessary to sobriety and peace of mind
- Beginning of true kinship with man and God
- Learn humility/ gain honesty
- Results are tranquility and consciousness of God

When it comes to ego deflation, few steps are harder to take than Five.
But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one. SB pg. 55

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

When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. BB pg. 75

It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this. SB pg. 57

Another great dividend we may expect from confiding our defects to another human being is humility – a word often misunderstood. To those who have made progress in AA, it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be. SB pg. 58

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

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. BB pg. 75

This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety. SB pg. 62

- **Tranquility** = free from commotion, peaceful
- **Grace** = disposition to be generous or helpful

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

- Entirely = having no part missing; complete
- Ready = prepared in mind; willing, prepared for use or action
- Remove = to take away; to displace or dismiss
- Defect = lack of something necessary for completeness
- Character = combination of qualities or traits that distinguishes an individual
- Necessary for spiritual growth
- Beginning of a lifetime job
- Being ready is all-important
- Delay is dangerous/ Rebellion may be fatal

This is the Step that separates the men from the boys. SB pg. 63

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

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all – every one? BB pg. 76

So Step Six – is AA’s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. SB pg. 65

The moment we say “No, never” our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives, and move towards God’s will for us. SB pg. 69

- **Readiness** = available for immediate use; prepare for action
- **Willingness** = prepared; ready to act (My Wish, RF)

My Wish,  Rascal Flatts

Step 7: Humbly asked him to remove our shortcomings

- Humbly = modesty in behavior, attitude or spirit, lack of self-importance, respectful
- Asked = to put a question to, to make a request of or for
- Shortcomings = failure or deficiency in character, action
- What is humility
- The avenue to true freedom of the human spirit
- Failure and misery transformed by humility
- Pain is the admission price to new life
- Self-centered fear chief activator of defects

Indeed, the attainment of greater humility is the foundation principle of each of AA's Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. SB pg. 70 (Moving On, RF)

Moving  On

Step 7: Humbly asked him to remove our shortcomings

We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living. SB pg. 71

We never thought of making honesty, tolerance, and true love of man and God the daily basis of living. SB pg 72

As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing. SB pg. 72

Step 7: Humbly asked him to remove our shortcomings

In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we had expected. It bought a measure of humility, which we soon discovered to be a healer of pain. SB pg. 75

The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. SB pg. 76

The Seventh Step is where we make the change in our attitude which us, with humility as our guide, to move out from ourselves toward others and toward God. SB pg. 76

Step 7: Humbly asked him to remove our shortcomings

When ready, we say something like this: “My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed Step Seven. BB pg. 76

- **Peace** = lack of emotional agitation, serenity
- **Strength** = a source of power; capacity for effective action

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

- List = an itemized series of names; words; etc. usually recorded in a set order
- Harm = injury; damage; hurt; wrong
- Became = to come to be; grow to be
- Willing = having a receptive frame of mind; answering to demand or requirement
- Amends = to advance to a more desirable state; correct, rectify; remedy
- All = the entire substance or extent of; the entire number of
- Concerned with personal relations
- Learning to live with others
- Obstacles: reluctance to forgive, non-admission of wrongs to others
- The beginning of the end of isolation

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

Steps Eight and Nine are concerned with personal relations. First, we take a look backwards and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know. SB pg. 77

Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay – and pay handsomely.
SB pg. 80

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

To define the word “harm” in a practical way , we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.

SB pg. 80

Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack our memory for the people to whom we have given offense. SB pg. 81

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

Now we need more action, without which we find that “Faith without works is dead”. Let’s look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. BB pg. 76

We shall want to hold ourselves to the course of admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgments, both of ourselves and of others involved. SB pg. 81 & 82

- **Forgiveness** = to renounce anger or resentment against; pardon, excuse
- **Action** = process of doing; a change that occurs

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

- Direct = straight forward; plain; candid; with precision or absolute conformity
- Wherever = in, at, or to whatever place
- Possible = capable of happening or proving true; capable of being done or coming about
- Except = with the exclusion of or omission of; leave out deliberately
- Injure = harm; damage; or impair, to wrong or offend
- Good timing is important in making amends
- Prudence means taking calculated chances
- Peace of mind cannot be bought at the expense of others
- Need for discretion

Our real purpose is to fit ourselves to be of maximum service to God and
the people about us. BB pg. 77

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

Good judgment, a careful sense of timing, courage, and prudence – these are the qualities we shall need when we take Step Nine. SB pg. 83

Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

BB pg. 76

Nevertheless, with a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret. BB pg. 77

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

The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil. BB pg. 82

So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness, and love. BB pg. 83

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could.
BB pg. 83

- **Courage** = the quality of mind enabling one to face danger or hardship resolutely
- **Discretion** = power to decide responsibly; exercise of good judgment

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

- Continued = to be in existence or a certain state for an indefinitely long time
- Personal = confined to a particular person
- Wrong = incorrect, devoid of truth, not in accordance with what is expected
- Promptly = ready to act at the moment, perform exactly at the time appointed
- Self-searching becomes a regular habit
- Varieties of inventory
- Self-restraint first objective
- Examination of motives

But when we approach Step Ten we commence to put our AA way of living to practical use, day by day, in fair weather or foul. SB pg. 88

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

This brings us to Step Ten, which suggest we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. BB pg. 84

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. SB pg. 88

There's the spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. SB pg 89

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

There's the one we take at day's end, when we review the happenings of the hours just past. SB pg 89

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. SB pg 90

When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot. One unkind tirade or one willful snap judgment can ruin our relation with another person for a whole day, or maybe a whole year. SB pg. 91

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

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. BB pg 85

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code. BB pg. 84

- **Harmony** = agreement in feeling or opinion; bring into agreement
- **Kindness** = concern for others; warm hearted nature

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

- Sought = in search of, to strive for
- Prayer = an earnest or urgent request, an application to a higher authority
- Meditation = to engage in continuous and contemplative thought
- Improve = to raise to a higher quality
- Conscious = tending toward awareness and appreciation
- Knowledge = that which is known about a specific subject or situation
- Meditation and prayer main channels to Higher Power
- Connection between prayer, meditation and self-examine
- First result is emotional balance
- Rewards of meditation and prayer

Prayer and meditation are our principal means of conscious contact with God. SB pg. 96

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

When we retire at night we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken. BB pg. 86

It works, if we have the proper attitude and work at it. BB pg. 86

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

When we refuse air, light, or food the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. SB pg. 97

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. BB pg. 86

Meditation is something which can always be further developed. It has no boundaries, either of width or height. SB pg. 101

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

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. SB pg. 98

Now, what of prayer? Prayer is the raising of the heart and mind to God – and in this sense it includes meditation. SB pg. 102

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. SB pg. 105

- **Belonging** = close, secure relationship; to be part of something
- **Guidance** = something that serves to direct

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

- Spiritual = relating to, consisting of, or having the nature of spirit; concerned with or affecting the soul
- Awakening = to become alert; marked by comprehension, cognizance, and perception
- Result = the outcome of an action, course, or process
- Message = something communicated as information, the point or points conveyed, basic thesis or lesson
- Joy of living is the theme of the Twelfth Step
- Giving that ask no reward
- Love that has no price tag
- Rewards of helping other alcoholics
- Two-stepping
- Placing spiritual growth first
- Instincts restored to true purpose

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

The joy of living is the theme of AA's Twelfth Step, and action is the key word. SB pg 106

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. BB pg. 89

When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. SB pg. 107

Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is even blinder than he. SB pg. 109

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

Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it. Keep his attention focused mainly on your personal experience. BB pg. 92

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. BB pg. 102

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. BB pg. 89

- **Purpose** = the reason for which something exists
- **Consciousness** = a sense of identity; special awareness

Believe
Brooks & Dunn

PROSPARITY

Gifts

1. Providence/Acceptance
2. Belief/ Trust
3. Understanding/ Faith
4. Perspective/ Insight
5. Tranquility/ Grace
6. Readiness/ Willingness

Relationships

1. Alcohol/ Powerlessness
2. Self/ Higher Power
3. God/ Self-will
4. Self/ Higher Power/
Liabilities/ Assets
5. Self/ Others/ God/ Wrongs
6. Self/ God/ Defects

PROSPARITY

Gifts

7. Peace/ Strength
8. Forgiveness/ Action
9. Courage/ Discretion
10. Harmony/ Kindness
11. Belonging/ Guidance
12. Purpose/ Consciousness

Relationships

7. Self/ God/ Shortcomings
8. Self/ Others/ Harm
9. Self/ Others/ Amends
10. Self/ Others/ Wrongs
11. Self/ Others/ Gods Will
12. Self/ Others/ All Affairs

I Won't Let Go

Rascal Flatts



Practice

Identifying/ Unwrapping the Gifts & Developing Relationships

+

Living/ Celebrating/ Sharing the Gifts and Maintaining Relationships

=

Spiritual Awakening

+

Daily Reprieve

Joy of Living: Celebrating the Gift

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 pg. 571 (Medical View)
1944

Joy of Living: Celebrating the Gift

When therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, towards our fellows and towards God's universe. BB pg. 25

Joy of Living: Celebrating the Gift

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. BB pg. 45*

Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make an approach and to effect a contact with him. BB pg. 46

Joy of Living: Celebrating the Gift

We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men. BB pg. 46

Joy of Living: Celebrating the Gift

You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people on a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. BB pg. 152

Joy of Living: Celebrating the Gift

Abandon yourself to God as you understand God. Admit your faults to him and to your fellows. Clear away the wreckage of the past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May Gob bless you and keep you – until then. BB
pg. 164

Amazing Grace

Judy Collins 