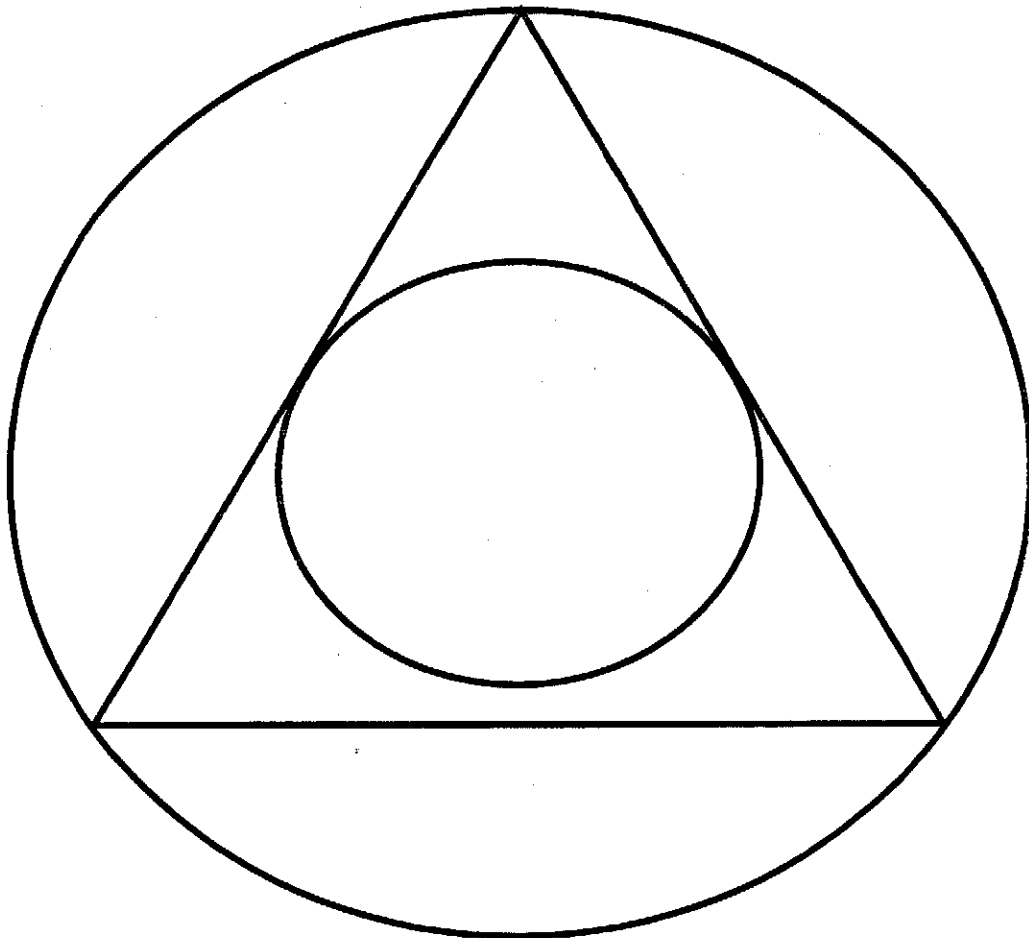


TWELVE STEP SPIRITUALITY



Our Way of Life

The Serenity Prayer

**God, grant me the serenity to accept
the things I cannot change,
the courage to change
the things I can,
and
the wisdom
to know the difference.**

Set Aside Prayer

**God, please set aside everything that I think
I know about myself, my brokenness, my spiritual path
and You, for an open mind and a new
experience of myself, my brokenness, my spiritual path
and especially You!**

The Third Step Prayer (page 63)

**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!**

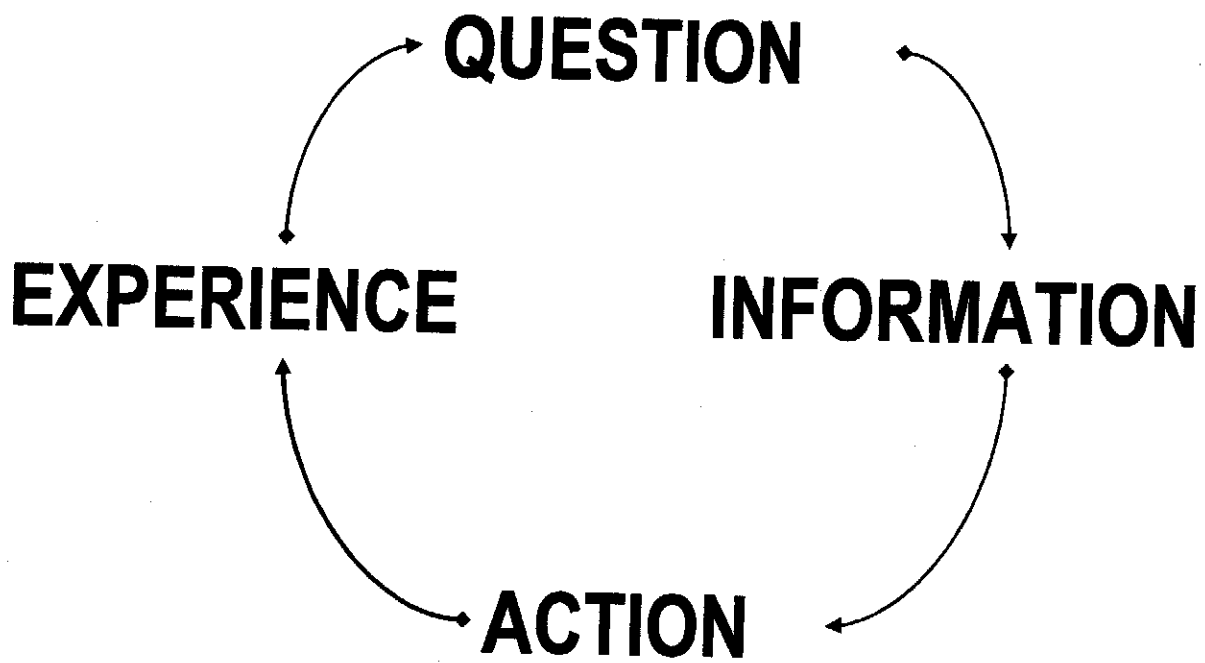
The Seventh Step Prayer (page 76)

**"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 that 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."**

Twelve Step Spirituality

Steps	A Relationship with...
• 1-3	God
• 4-7	Self
• 8 & 9	Others
• 10-12	Our Way of Life

Dynamic Process



Reflection

- What did I hear?
- What does it mean?
- How does it apply to me?
- What is my experience?

Are You An Alcoholic?

answer this question ask yourself the following questions and answer them as **honestly** as you can.

	Yes	No
1. Do you lose time from work due to drinking?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is drinking making your home life unhappy?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you drink because you are shy with other people?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is drinking affecting your reputation?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever felt remorse after drinking?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you gotten into financial difficulties as a result of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you turn to lower companions and an inferior environment when drinking?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your drinking make you careless of your family's welfare?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has your ambition decreased since drinking?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you crave a drink at a definite time daily?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you want a drink the next morning?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does drinking cause you to have difficulty in sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has your efficiency decreased since drinking?	<input type="checkbox"/>	<input type="checkbox"/>
14. Is drinking jeopardizing your job or business?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you drink to escape from worries or trouble?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you drink alone?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had a complete loss of memory as a result of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
18. Has your physician ever treated you for drinking?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you drink to build up your self-confidence?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever been to a hospital or institution (jail) on account of drinking?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any one of the questions, there is a definite warning that you may be **alcoholic**.

If you have answered YES to any two, the chances are that you are an **alcoholic**.

If you have answered YES to three or more you are definitely an **alcoholic**.

History

1932 →

Dr. Carl Jung

Psychology/Theology



Spiritual Experience

1933 →

Oxford Group

Religion



Six Steps

1934 →

Dr. Silkworth

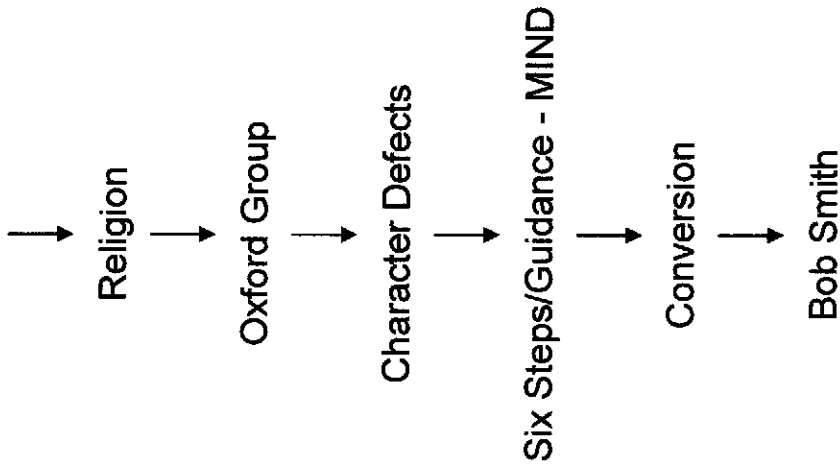
Medicine



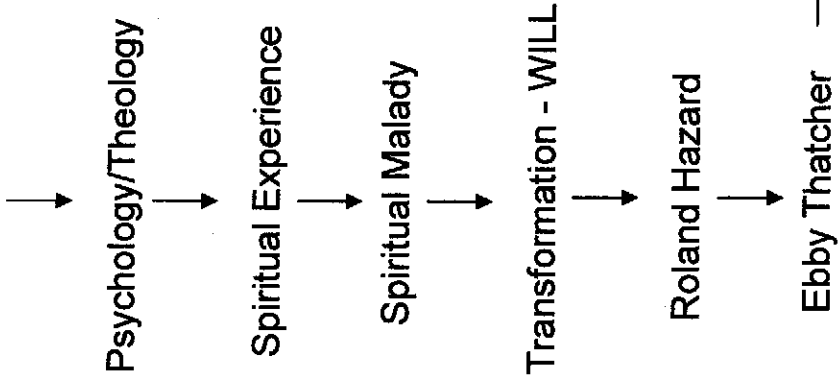
Fatal Disease

History Pre-AA

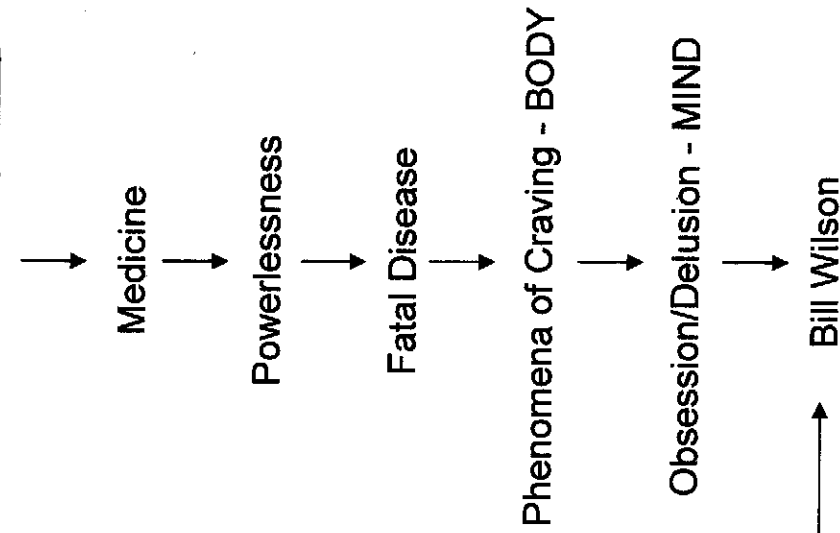
Frank Buchman (1920s)



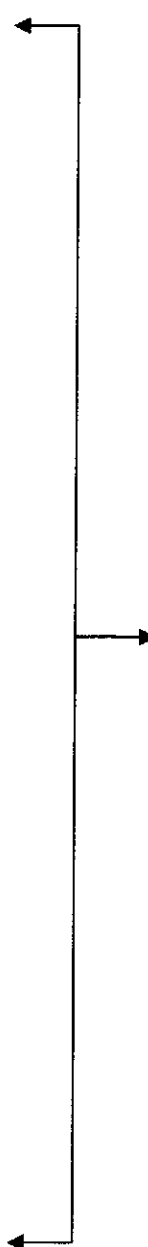
Carl Jung (1930s)



Dr. Silkworth (1934)

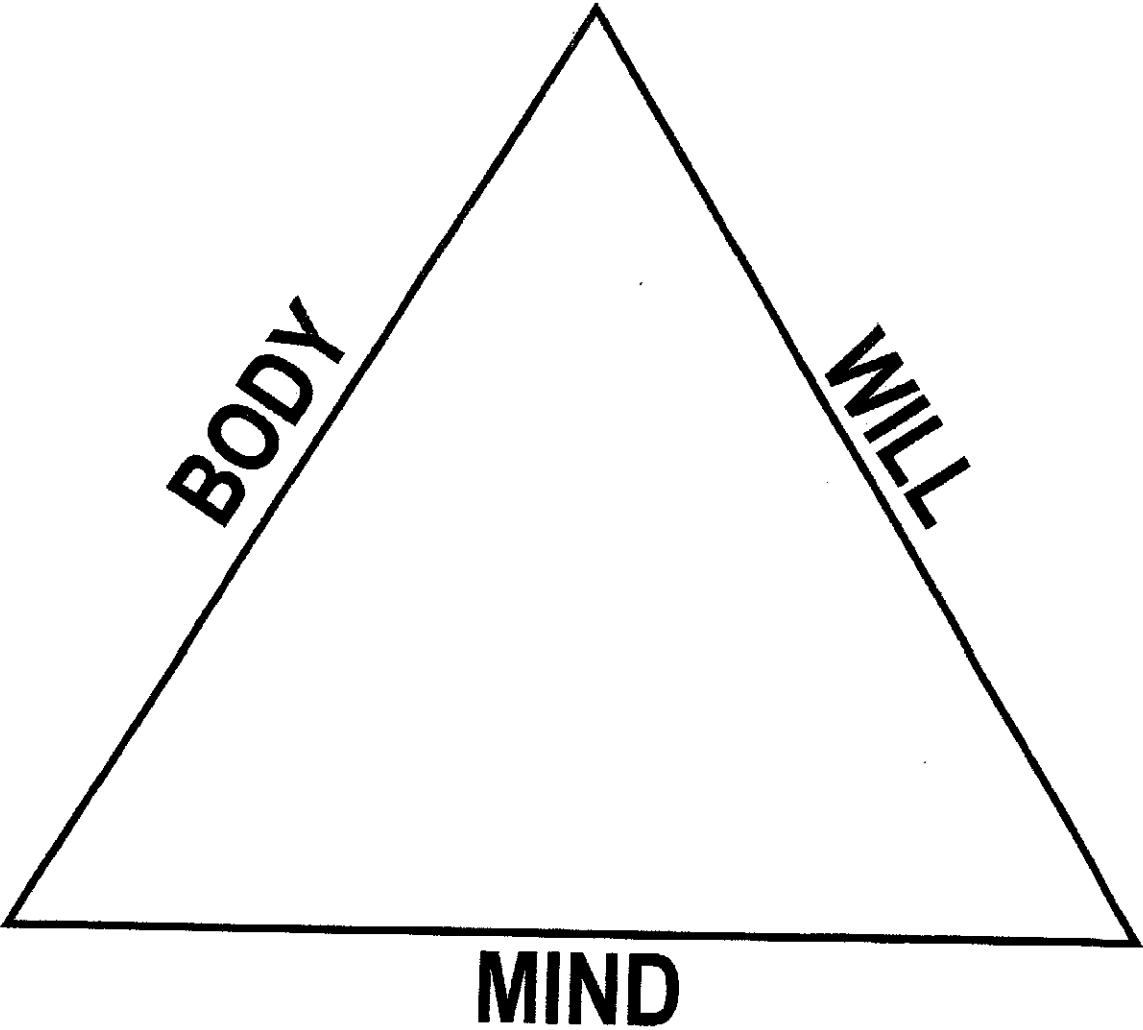


✓

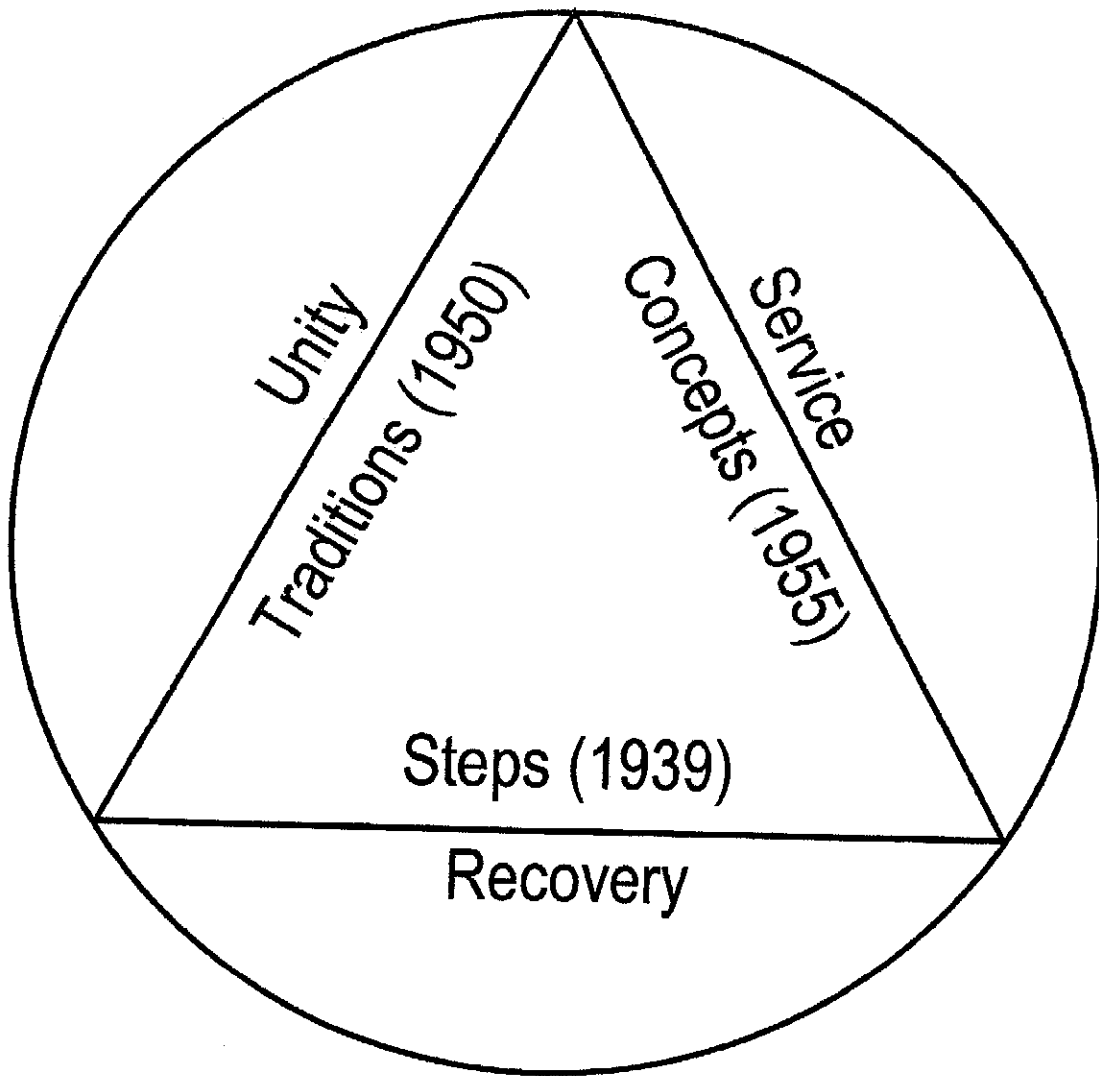


Alcoholics Anonymous June 10, 1935

Problem



Solution



BIG BOOK OF ALCOHOLICS ANONYMOUS

CONTENTS

	CHAPTER	PAGE	
	PREFACE	xi	
	FORWARD TO THE FIRST EDITION	xii	
	FORWARD TO THE SECOND EDITION	xv	
	FORWARD TO THE THIRD EDITION	xxii	
	THE DOCTOR'S OPINION	xxiii	
P R O B L E M	1 BILL'S STORY*	1	
	2 THERE IS A SOLUTION	17	
	3 MORE ABOUT ALCOHOLISM	30	Step 1
S	4 WE AGNOSTICS**	44	Step 2
O	5 HOW IT WORKS**	58	Steps 3 & 4
L	6 INTO ACTION	72	Steps 5 - 11
U	7 WORKING WITH OTHERS	89	Step 12
T	8 TO WIVES		
I	9 THE FAMILY AFTERWARDS	122	Step 12
O	10 TO EMPLOYERS	136	Step 12
N	11 A VISION FOR YOU	151	Step 12

Exceptions to this structure:

* Bill's story:

pages 1 through 8 describe the problem = his powerlessness (step one);
pages 9 through 16 detail his recovery = the solution (steps two through twelve).

** The description of "unmanageability", the second half of step one (the spiritual malady), is described on pages 44 and 45, page 52 "bedevilment" paragraph, and pages 60 - 62 ("we are extreme examples of self-will run riot")

64 Pages = 34% OF TEXT IS ON STEP 1
45 Pages = 25% OF TEXT IS ON STEPS 2 - 11
75 Pages = 41% OF TEXT IS ON STEP 12
184 (20 pages = roman numerals)

Assignment Process

- Prayer
- Reading
- Reflection
- Writing
- Discussion

Heart 

Reflection

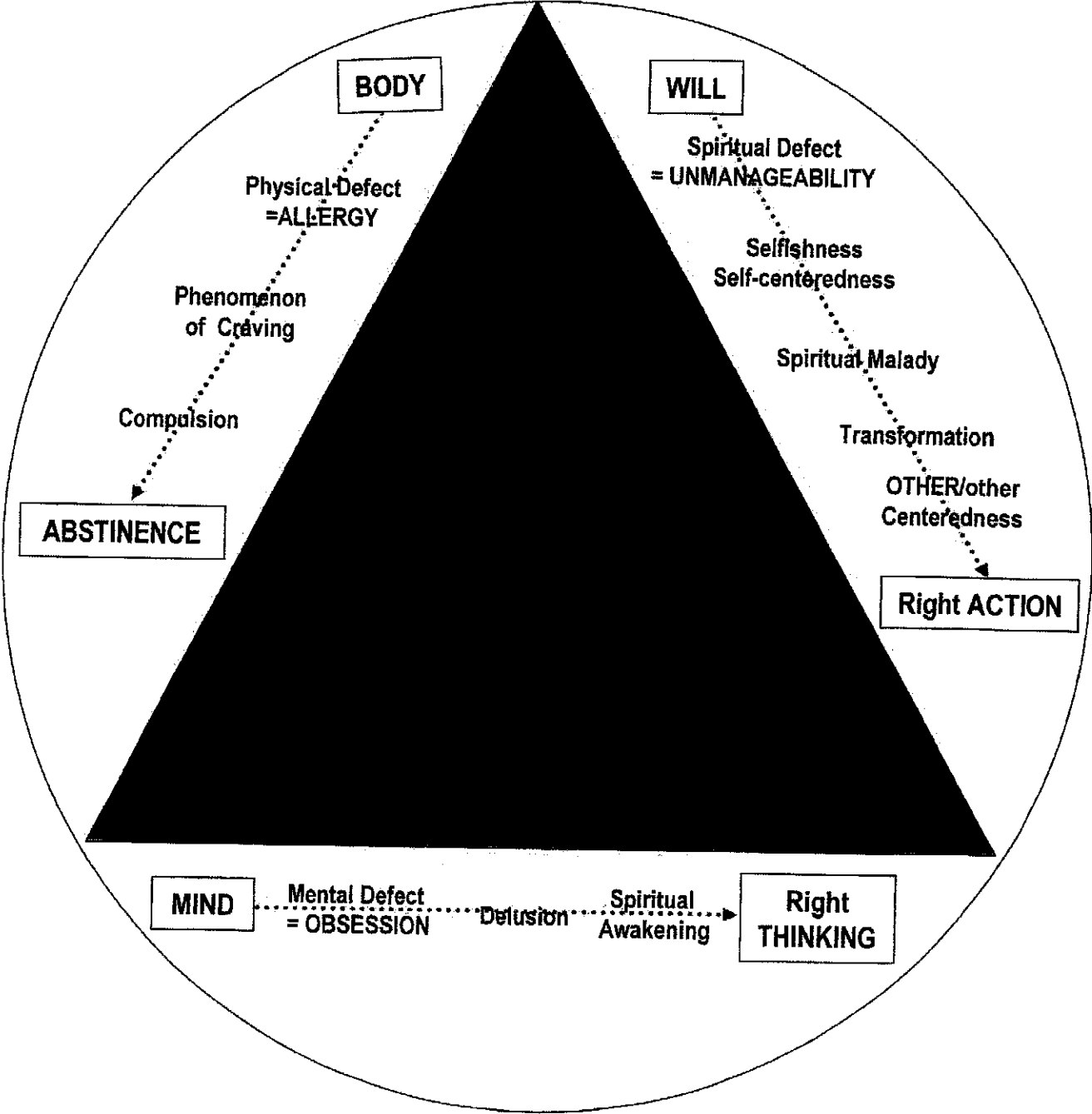
1. Where is my life not working:
 - Impediments?
 - Frustrations?
 - Dishonesty?
 - Unforgiving/unforgiven?
 - Secrets?

2. Are my efforts:
 - Effective?
 - Consistent?
 - Lasting?
 - Producing desired results?

3. Do I really want my life to change?

4. What change(s) would I like?

Step One



BODY

1. What is my experience of addiction?

2. What happens when I indulge in this addiction?
– List 3 examples –

3. What is my history of attempts to deal with it?
– Describe 3 examples –

4. How successful have I been?

5. How honest have I been about it with others or myself – my efforts and my failures?

MIND

1. Have I made a resolution to stop a specific behavior or start a specific behavior?

2. What do I think or feel just before I engage in (or not start) that specific behavior AGAIN? Am I even pre-conscious? Or am I into it before I realize it?

3. How soon do I realize that I am doing (or not doing) it AGAIN?

4. How does that make me feel?

5. Do I make another/stronger resolution to stop (start)?

6. How well does this work? How successful have I been?

7. How honest have I been with others or myself about it – my efforts and my failures?

WILL

1. Am I having trouble with personal relationships?

2. Can I control my emotions?

3. Am I a prey to misery and depression?

4. Do I derive satisfaction from my way of life?

5. Am I or can I be self supporting?

6. Do I feel useful?

7. Am I full of fear?

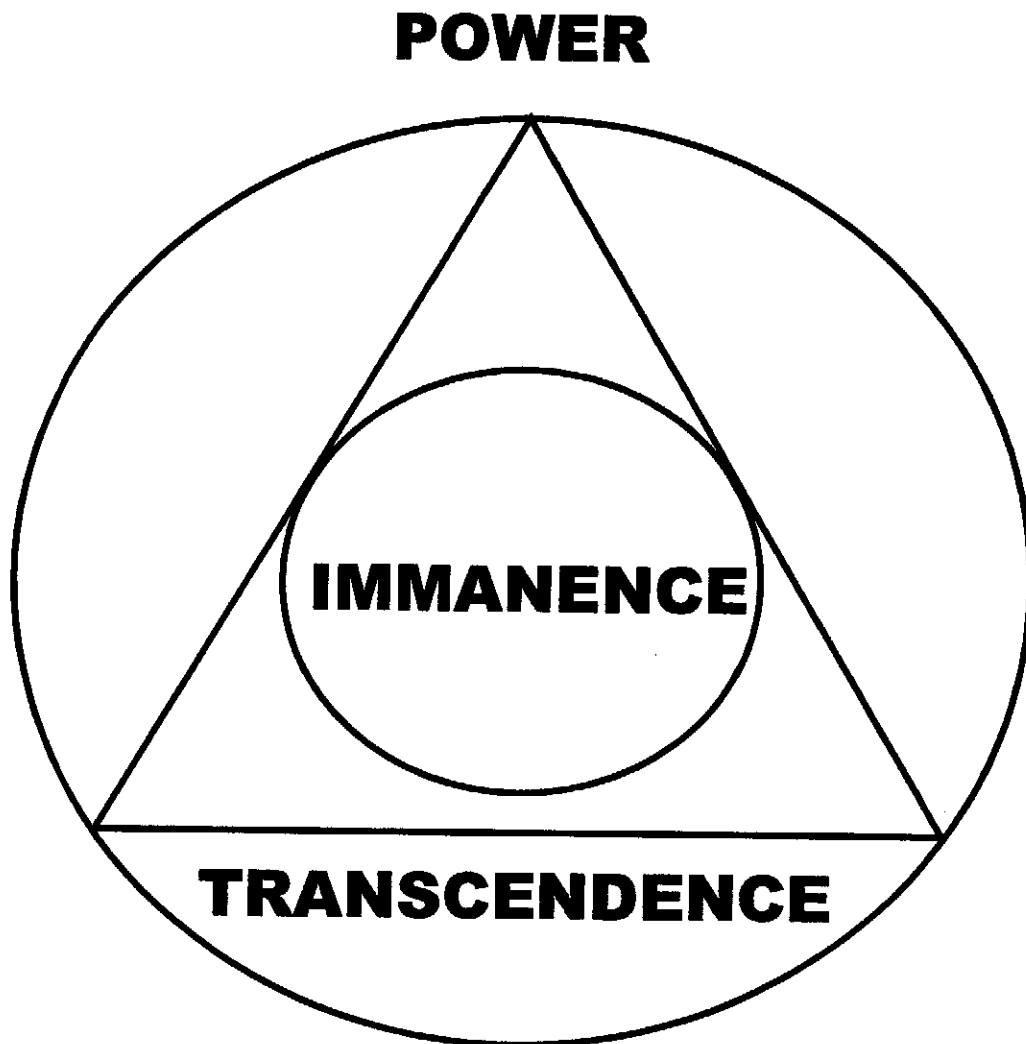
8. Am I unhappy?

9. Am I able to be of real help to others?

10. How honest have I been with others or myself about these issues – my efforts and my failures (my doubts)?

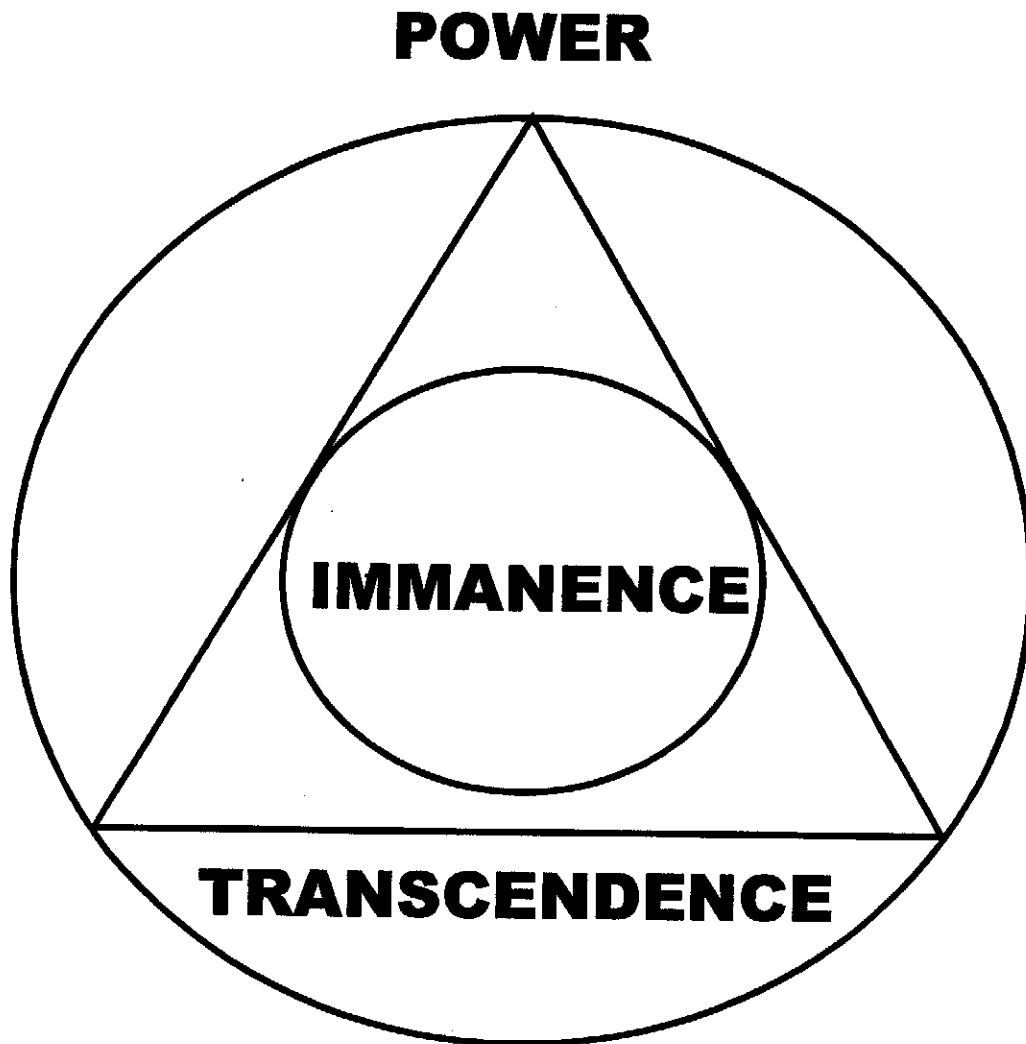
Step Two

- Decision **ABOUT...**

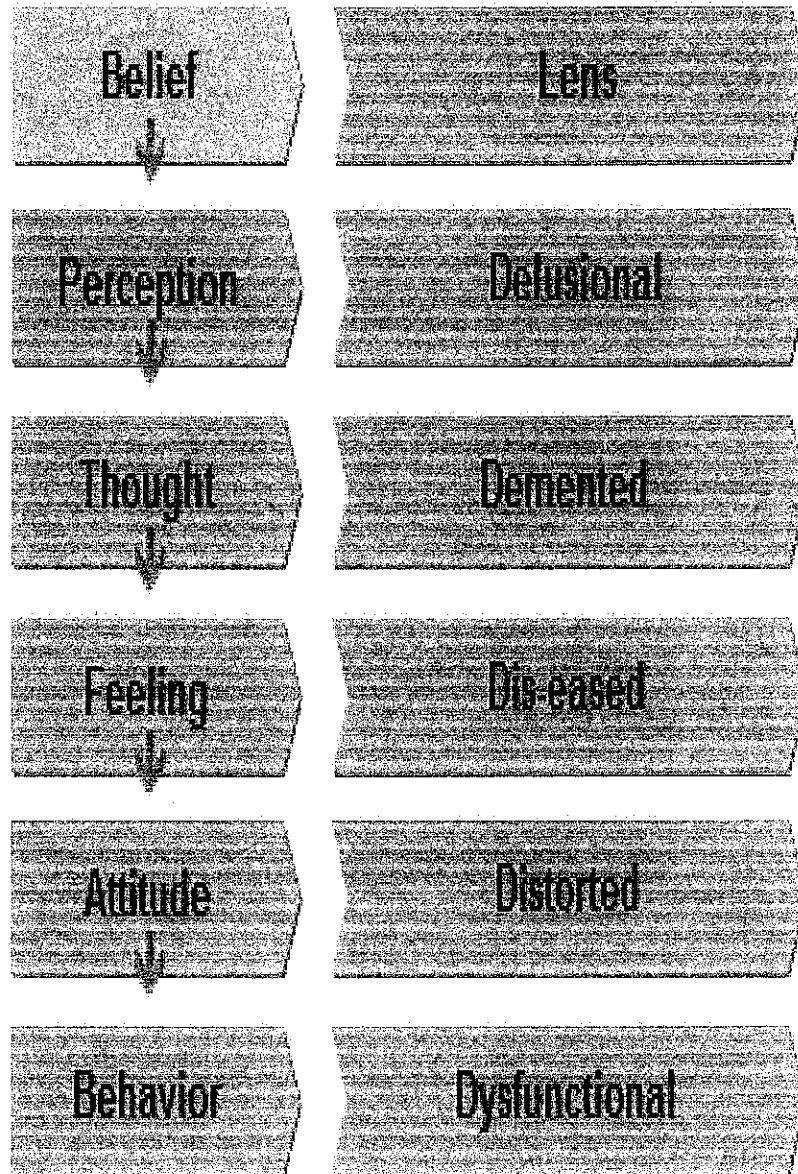


Step Three

- Decision **FOR...**

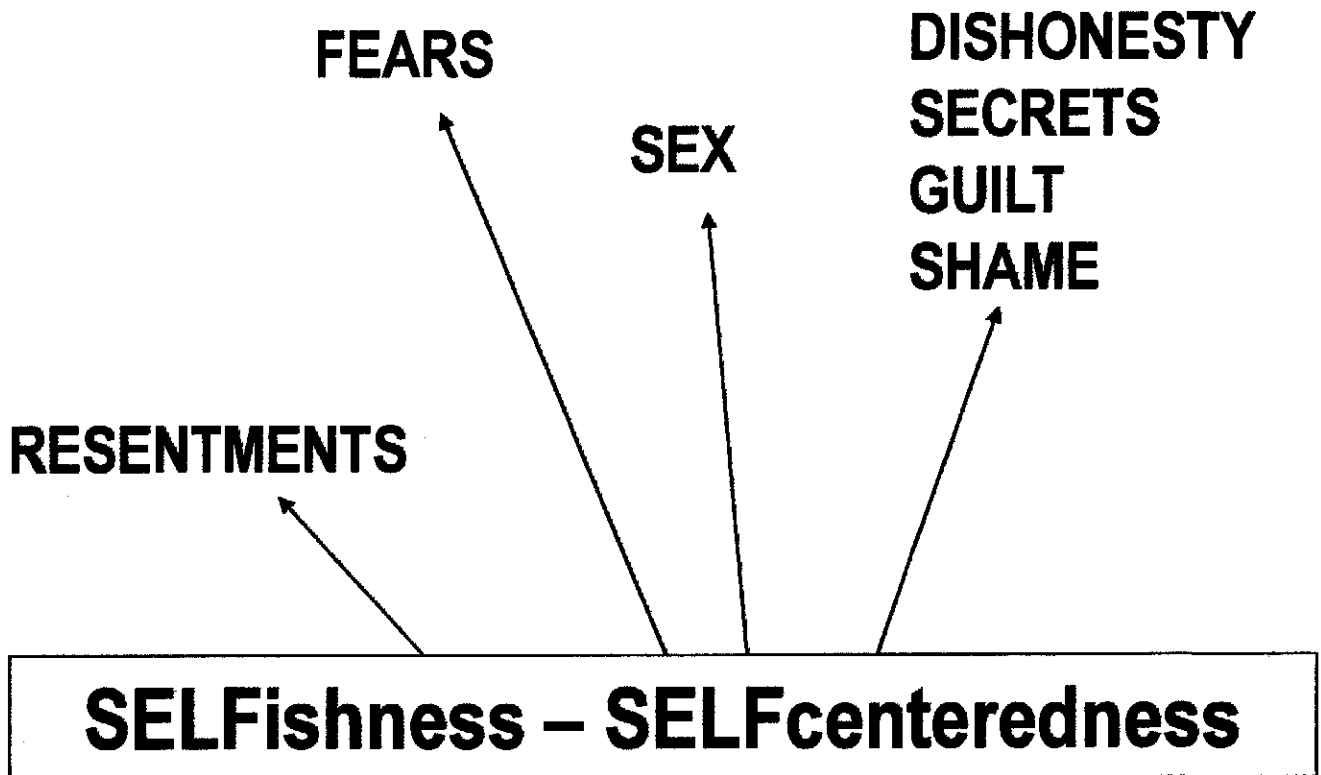


Problem Asleep



Step Four

•Name OBSTACLES



Step Four: 12 and 12

SEVEN CAPITAL SINS

Pride

Envy

Anger

Greed

Sloth

Gluttony

Lust

Step Four: Resentment Worksheet, Column Three

Before you begin the worksheet, write, and pray a personal version of the Set Aside Prayer:

ASK YOURSELF: When I resent _____ (Column One) for _____ (Column Two), **did it hurt, threaten, or interfere with my:**

Self-esteem (What is my deep **belief** about who I am?)
I am _____

What is my fear?
May be opposite of my **belief**

Pride (How do I want other people to see me being treated?)
Put yourself on a stage w/person; imagine a relevant audience.
Others should see (Column One name) _____ treating me as

Ambition (What do I want?) I want _____

Security (What do I need? **Why** do I need it?) I need _____

Personal relations (How should family, friends, or co-workers see or treat me?) Family, friends, or co-workers should always treat me as

Sex (gender) relations (What is my **belief** about men/women?)
The ideal/model man should always or is _____

The ideal/model woman should always or is _____

Pocketbook (What is the affected **value**? For example, money, emotional security, etc.) No one should do anything that interferes with, affects or diminishes my _____

PRAYER FOR FREEDOM FROM RESENTMENT

GOD, *(name)*, LIKE ME, IS A SPIRITUALLY SICK PERSON. PLEASE HELP ME TO SHOW *(name)* TOLERANCE, COMPASSION, AND PATIENCE.

PLEASE FORGIVE ME FOR BEING ANGRY AND ENABLE ME TO STOP CLINGING TO THIS RESENTMENT. PLEASE REMOVE THIS RESENTMENT AND SHOW ME HOW TO TAKE A KINDLY AND TOLERANT VIEW OF *(name)*. PLEASE SHOW ME HOW I CAN BE HELPFUL TO *(name)*.

THY WILL BE DONE!

Step Four: Resentment Worksheet, Column Four

Before you begin the worksheet write and pray a personal version of the Set Aside Prayer:

When I resented _____ (Column One) for _____
(Column Two), I had this belief about my role from (Column Three):

My perceived role (like an actor in a play = misunderstood person, betrayed spouse, abused child):

Is the **event** true or false? (Did it really happen?) _____

Consider: before, during and after the event that was/is the occasion for this resentment. Then **write** one sentence answering these questions:

WHERE WAS I... At the time of the actual event (Then), or **WHERE AM I...** at the present time (Now):

1. **Selfish?** (Thinking about myself) Then _____
Now _____

2. **Self-seeking?** (Acting on my own behalf) Then _____
Now _____

3. **Dishonest?** (Misrepresenting myself: lying by commission or omission) Then _____
Now _____

4. **Afraid?** (Fear of not getting what I want or losing what I have) Then _____
Now _____

5. **Where am I wrong/at fault/to blame** (responsible) then and/or now? Then _____
Now _____

6. **What harm did I cause this person?** (How did I specifically diminish or negatively impact this person?)

Physical (Body) _____

Mental (Mind) _____

Emotional (Feelings) _____

Spiritual (Relation with God) _____

Financial (Money) _____

7. What **harm** did I cause to **other** people, in and around this relationship? (Write name and specific harm.)

8. List any other **fears** that I've become aware of:

9. List the **character defect(s)** I've become aware of while completing this worksheet:

My real role (now in light of this Column Four information - may be opposite of my **perceived** role at the top of this worksheet)

Fear Worksheet

1.	2.	3.	4.	5.
Name them	Why do I have it?	What behavior is manifest?	Name the opposite of this fear? (the virtue)	What behavior would this manifest? (the opposite of the 3 rd column)

Step 4: Sex Inventory

Before you begin the worksheet write and pray a personal version of the Set Aside Prayer:

Review the facts - We are looking for our **motives** and at our actual **behavior**:

- How did the encounter or relationship begin?
- What happened?
- What's the status now, or how did it end?

Answer these questions:

1. Where had I been selfish? (Thinking about myself)
2. Where had I been dishonest? (By commission or omission)
3. Where had I been inconsiderate?
4. Whom had I hurt?
5. Did I arouse jealousy?
6. Did I arouse suspicion?
7. Did I arouse bitterness?
8. Where was I at fault?
9. What should I have done instead?

The answer to question #9 will help you become conscious of the principles you already have but are not aware of (or the principles you want to have) that will guide your future sex motives and behavior. They will form the basis of your "sex ideal".

FINAL PREPARATION OF STEP FOUR

Remember the purpose of this process—to identify and remove/have removed the impediments/obstacles to a relationship with that Power deep down inside us.

Ask yourself where/when you have experienced:

Guilt

Shame

Embarrassment

Dishonesty (Stealing)

Secrets

Irresponsibility: financial, relationship, behavior,
family, work

The Twelve and Twelve suggests we also look at violations of moral principles (values) as expressed in the Seven Capital sins:

Pride

Greed

Lust

Gluttony

Envy

Anger

Sloth

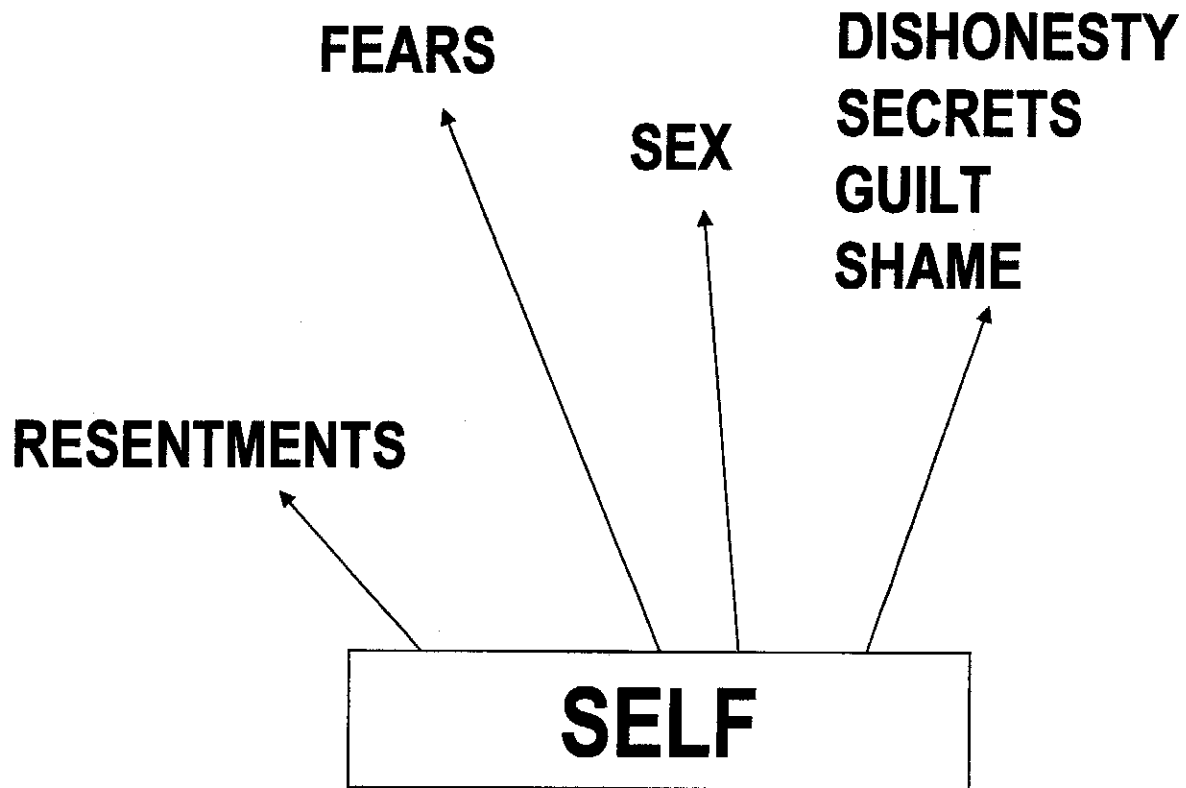
After praying the Set Aside prayer spend time reflecting (meditation) on each of these items and write out your thoughts, feelings, and memories. Be specific.

It is especially important to be specific about any area/item that you have any conscious/intuitive awareness of resistance to disclosure.

Err on the side of maximizing rather than minimizing. This is about "rigorous honesty", about being transparent. This is about removing the sludge in us that blocks us from God.

Step Five

- Remove **OBSTACLES**



Step Six

DEFECTS OF CHARACTER

- **Willingness**

- **Name them**
 - **Resentment**
 - **Fear**
 - **Sex (dishonesty)**
 - **Selfishness**

What Is a Personality Disorder?

From Diagnostic and Statistical Manual of Mental Disorders, 4th edition, 1994, commonly referred to as DSM-IV, of the American Psychiatric Association. European countries use the diagnostic criteria of the World Health Organization.

An enduring pattern of inner experience and behavior that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment.

A personality disorder is a pattern of deviant or abnormal behavior that the person doesn't change even though it causes emotional upsets and trouble with other people at work and in personal relationships. It is not limited to episodes of mental illness, and it is not caused by drug or alcohol use, head injury, or illness. There are about a dozen different behavior patterns classified as personality disorders by DSM-IV. All the personality disorders show up as deviations from normal in one or more of the following:

- Cognition—perception, thinking, and interpretation of oneself, other people, and events
- Affectivity—emotional responses (range, intensity, liability, appropriateness)
- Interpersonal functions
- Impulsivity.

Narcissistic Personality Disorder (NPD) — indicators are:

1. *An exaggerated sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements); grandiosity.*
2. *Preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love*
3. *Belief of being "special"; only can be understood by, or should associate with, other special or high-status people (or institutions)*
4. *Requiring excessive admiration*
5. *Sense of entitlement*
6. *Selfishness in taking advantage of others to achieve their own ends*
7. *Lacking empathy*
8. *Envy of others or belief that others envy them*
9. *Behaviors or attitudes that are arrogant, haughty, patronizing, or contemptuous*

Enneagram – Some Defects of Character

<p>1. perfectionistic rigid/inflexible critical/negative judgmental angry intolerant bitter anal impatient obsessive rationalize control tense disrespectful fear of being wrong</p>	<p>4. individualistic feelings of special self pity self loathing/self condemning dominated by feelings envy above the rule alienation from others moody aloof hopelessness victim ungrateful self indulgent withdrawn harsh remorseful dependent inhibited</p>
<p>2. pride vain glory manipulative smothering possessive needs others to depend on them martyr complex hypochondria needy resentful negative two faced ungrateful</p>	<p>5. secretive remote/isolated cynical/skeptical detached loner avarice (their time, resources, information) eccentric fear dependent antagonistic overly sensitive restless pessimistic emotionally needy disdaining non-supportive</p>
<p>3. grandiose arrogant competitive overachievers image conscious insensitive feeling worthless chameleon/phony self deceit image vs. substance jealous dishonest lack of integrity self centered driven braggart emotionally unavailable deceit of others irresponsible</p>	<p>6. don't trust themselves fear based sloth fear of being alone rebellious fear of others self doubt/unsure passive – aggressive procrastinate self defeating overreactive excitable anxious miserly suspicious insecure blaming defensive pessimism</p>

7. superficial
easily bored
impulsive
escapist
restless/nervous
fear of deprivation
gluttony -compulsed to fill up with
food/experience etc.
hyper active/need for excitement
destructive
anxious
irresponsible
blaming
insecure
overly dramatic
materialistic
undisciplined
self centered
need for immediate gratification
reckless

9. complacent
stubborn
passive
neglectful
repressed
slothful
fatalistic
denial
aggressive
dependent
given to fantasy
self neglect
simplistic
rigid
compliant
vicarious
asleep
self deprecating
fickle
shallow
pessimistic
powerless
shunning
fear of change
inattentive
weak
lazy

8. hard hearted
ruthless
control
aggressive
lust (sex, power)
very willful
intimidate
abusive
seek/need power
aggressive
violent
fear of being weak
independent
fear of being controlled
self centered
fear of fear
controlling
proud
unaffectionate
uncaring
takes all the credit
disrespectful
impulsive
passionate
unloving

Character Defects Worksheet

1.	2.	3.	4.	5.
Character Defect	What is my behavior?	What am I defending?	What is the opposite of this defect? (the virtue)	What behavior would this manifest? (the opposite of the 2 nd column)

Step Seven

SHORTCOMINGS

- **Powerless**
- **Pray for removal**

Step Eight

LIST HARMS

- 1. Who did I diminish?**
- 2. What did I do?**
- 3. What harm did I cause?**
- 4. What specific action is necessary?**
- 5. Am I willing?**

Step Nine

AMENDS PROCESS

- 1. Describe harm**
- 2. Ask: “Any other harm?”**
- 3. Suggest amends**
- 4. Ask: “Any other amends?”**

Forgiveness is a Process not an Event

What is Forgiveness?

Forgiveness is **Not** to...

- Condone
- Forget
- Tolerate
- Ignore
- Approve
- Excuse
- Minimize
- Pardon
- Deny
- Absolve
- Reconcile
- An invite to hurt again
- Surrendering justice

Forgiveness Is a **Decision to not**...

- Retaliate
- Exact revenge
- Seek compensation
- Judge

Forgiveness Is a **Decision to**...

- Release them
- Release ourselves
- Be released

What is the process?

Accept the facts: Betrayal = a reflection.

Open your mind, memories and heart to remember the hurts, the wounds, where and when you have been let down, dishonored, abused, lied to, cheated on; diminished in spirit and emotion; diminished physically and financially.

Bring to your mind, to your memory and to your heart a picture of the betrayer; your father, mother, husband, wife, boyfriend, girlfriend, brother, sister, relative, friend; have you been betrayed by your school, church, the judicial system, healthcare system, legal system, the government.

This is the reality—it did happen—we have been betrayed, hurt and deeply wounded. Name it and accept it. It's tragic and it's true.

Be willing to decide to release them and myself: Forgiveness = a meditation.

It is also true that we can be healed from these soul wounds.

To forgive is not to condone or excuse the behavior.
What was done was wrong.

To forgive is not to pardon—that's not ours to give—we don't have the power of absolution.

To forgive is not to forget. We are saddened by the memory and must grieve the event.

To forgive is to release from debt; to release from the demand for retribution or retaliation.

To forgive is to surrender the right to get even.

The reality is that as long as we hold onto these hurts, they possess us; actually, they poison us emotionally and spiritually.

To forgive is to take responsibility for our part, which may only be that we have been holding onto these memories, these feelings and have allowed them to continue to devastate our emotional and spiritual life.

How long are we going to carry these wounds? How long are we going to be shackled by the chain towing this garbage barge of hurt, anger and shame?

All spiritual traditions believe that we have forgiven just to the extent that we forgive; all spiritual traditions believe that we are released just to the extent we release others.

Look at our own brokenness—the many betrayals for which we have been responsible. Look at our motives, our role, in the events which we find ourselves betrayed. Where were we selfish, dishonest, angry or afraid?

In light of our own brokenness, look at their brokenness—see them like us—those that hurt us are themselves hurt, fearful, wounded, sick people—human beings twisted by their own personal histories.

We are all weak, wounded human beings, full of defects—attempting to survive the difficulties of life and find a little peace and happiness.

Forgiveness is the release of others and the harm they have caused us. But forgiveness often follows deep acceptance of and repentance for our own harmful actions to others.

We are powerless to name and accept the truth of the harm we have done; we are likewise powerless to release the hurt others have done to us.

Am I willing to pray for the power:

- To ask for knowledge of the truth?
- To ask for freedom from the bondage of my own history?
- To wish for the spiritual healing of those persons or institutions that have harmed me?
- To forgive myself—to let go of self condemnation, morbid reflection, remorse, our temper, our addictions, our vanities, our arrogance, our smugness; to let go of our failures and to do what we must and be who we are?

Am I willing to pray for the power:

- To love them as I love myself?
- To see the world and the people in it from God's point of view?

Invite the healing Power of the Universe:

- Into our minds—that our memories may be healed
- Into our hearts—that our feelings may be healed
- Into our souls—that our human spirit may be healed and flourish

Healing Spirit of the Universe:

- Enable me to be willing to let go, to forgive, to release
- Enable me to be willing to find freedom
- Enable me to be willing to be restored to sanity
- Enable me to be willing to be taken to a place of serenity

Holy Spirit, breathe Your Spirit into me.

**ONLY 31 PAGES LATER THE BEDEVILMENTS
ARE REPLACED BY THE PROMISES**

**THE BEDEVILMENTS
(page 52)**

THE PROMISES (page 83)

We were having trouble with personal relationships.



We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

We couldn't control our emotional natures.



We will comprehend the word serenity and we know peace.

We were a prey to misery and depression.



Our whole attitude and outlook upon life will change.

We couldn't make a living.



Fear of people and of economic insecurity will leave us.

We had a feeling of uselessness.



That feeling of uselessness and self-pity will disappear.

We were full of fear.



We will intuitively know how to handle situations which used to baffle us.

We were unhappy.



We are going to know a new freedom and a new happiness.

We couldn't seem to be of real help to other people.



No matter how far down the scale we have gone, we will see how your experience can benefit others. We will not regret the past nor wish to shut the door on it.

And, most of all,

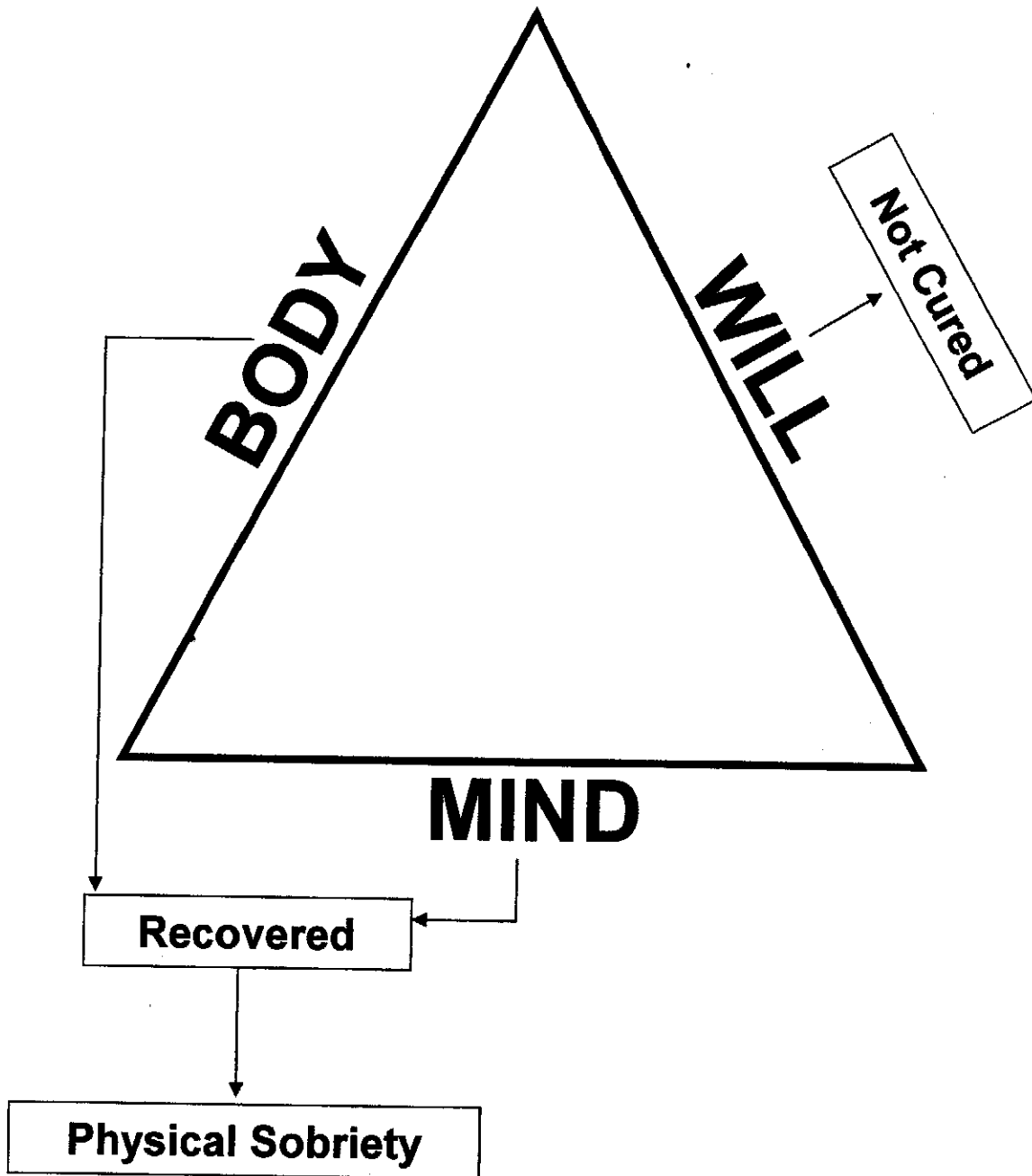


We will suddenly realize that God is doing for us what we could not do for ourselves.

[<http://www.thejaywalker.com>]

Our Way of Life

Step Ten



Step Ten

Watch for:

- Resentment
- Fear
- Dishonesty
- Selfishness

Take action:

- Pray
- Discuss
- Amend
- Service

Results:

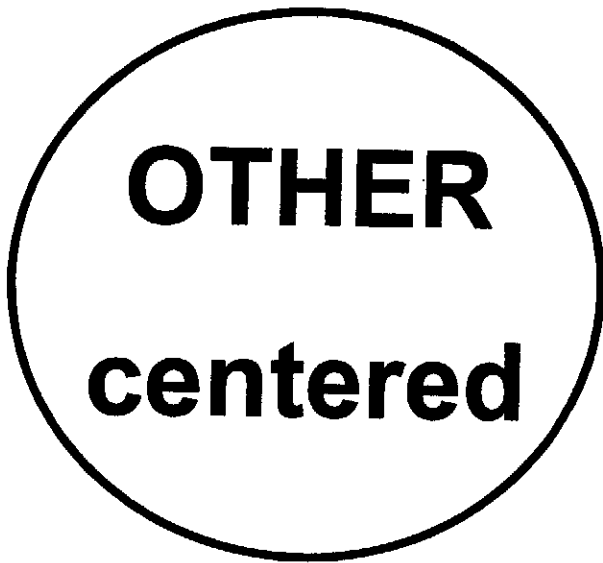
- Forgiveness
- Trust
- Honesty
- Love



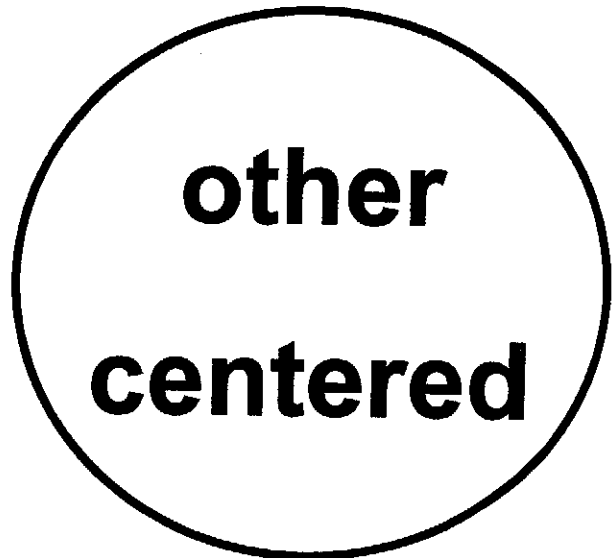
EMOTIONAL SOBRIETY

Our Way of Life

**Step Eleven
Prayer/Meditation**



**Step Twelve
Service**



= SPIRITUAL COIN

Prayer And Meditation

- Evening – Inventory
- Morning – Think
 - Consider
 - Listen
- All Day – Be Awake
 - Pause

Evening

Purpose: Identify and remove obstacles to the Sunlight of the Spirit.

- Set-Aside Prayer

God, please set aside everything that I think
I know about myself, my brokenness, my spiritual path
and you, God, for an open mind and a new
experience of myself, my brokenness, my spiritual path
and especially you, God!

- Meditation

1. CONSTRUCTIVELY review my day (without fear or favor)

A.

Was I:	What <i>motives</i> were underneath my:
1. Resentful?	Intentions?
2. Selfish?	Thoughts?
3. Dishonest?	Acts?
4. Afraid?	Effort?

B. Do I owe an apology?

C. Have I kept something to myself which should be discussed with another person at once?

D. Was I kind and loving toward all?

E. What could I have done better?

F. Was I thinking of myself most of the time?

G. Or was I thinking of what I could do for others, of what I could pack into the stream of life?

2. Ask God's forgiveness!

3. Ask what corrective measures should be taken.

4. Thank Him for blessings received!

5. Be willing to try again tomorrow!

6. Conclude with the Prayer of St. Francis

Lord, make me a channel of thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness;
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair; I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
To understand, than to be understood;
To love, than to be loved.
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to eternal life.
Amen!

Prayer and Meditation Practice

Morning

Prayer

- Set-Aside Prayer

God, please set aside everything that I think
I know about myself, my brokenness, my spiritual path
and you, God, for an open mind and a new
experience of myself, my brokenness, my spiritual path
and especially you, God!

- Step Three Prayer

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!

Reading (Lectio Divina) Inspirational reading (Big Book, scripture, etc).

Preparation

- Is my attitude one of prayerful attention?
- What is my purpose?:
 1. To improve my *conscious contact* with God.
 2. To enhance my *usefulness* to others.
 3. To develop *humility*: makes it possible to receive God's help.
- Who is God—"As I understand Him"?:
Is God:
 1. EVERYTHING?
 2. ALL KNOWLEDGE?

- 3. ALL POWER?
- 4. ALL LOVE?
- 5. ALL PRESENCE?

- Where is God? Do I believe God is deep down inside of me?

Meditation Use our *mind* to create our vision of God's will for us .

- Father, please direct my thinking; especially divorce it from motives of:

Selfishness	Resentment
Self-Seeking	Fear
Self-Pity	Dishonesty

Please clear my thinking of wrong motives.

Allow me to be *attentive*.

- Think about the 24 hours ahead (*doing*) What will I *do*?
- Consider my plans for the day (*being*) Who will I *be*?
- See my vision of God's will for me today (*intent*).
How can I best serve You? What is *my* vision?
- Decide to relax and take it easy; to stop struggling. What action is suggested?

Contemplation Use our *will* to be present to the Presence of God

Allow the Spirit to guide you.

Respond from your *heart*.

Embrace the Mystery.

Be conscious of your *intention*.

Concluding Prayer

Dear God:

Show me all through the day what my next step is to be

Please give me:

KNOWLEDGE

Give me whatever I need to take care of tasks and problems

POWER

Especially free me from SELF-WILL

FREEDOM

Show me the way of patience, tolerance, kindness, and love

LOVE

Allow today's WORK to provide an opportunity to be useful and helpful. What can I do today for the person who is still suffering?

SERVICE

- Step Seven Prayer

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 that 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

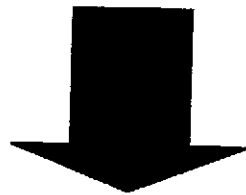
All Day

Pray for **knowledge** and **Power**:

- *PAUSE* frequently-- when agitated or doubtful: ask for the right
Thought
or
Action
- Many times humbly say: "Thy will be done!"
- *THINK* what you can **DO** for others!

Step Twelve

SPIRITUAL AWAKENING



CHANGE:

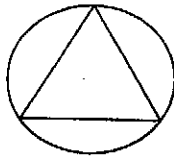
- Think
- Feel
- Behave

Step Twelve

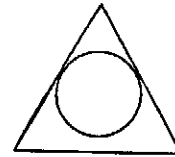
- Carry Message
- Practice Principles
 - Relationships
 - Family
 - Work
 - Fellowship / Community

“Working With Others” Chapter 7

1. Find a person (drinker) who wants to recover (search out).
2. Find out all you can about them in order to put yourself in their place:
 - Indirectly, from a person close to them (their family)
 - Directly from the problem drinker. Share yourself with them, especially attempt identification with drinking experiences
3. Ask them if they want to quit for good and are ready to go to any extreme to do so.
4. Stress the hopelessness. Relate your specific experience with the physical allergy and the mental obsession. Help this person connect their experience to powerlessness with alcohol. Let them draw their own conclusion.
5. Tell them exactly what happened to you; stress the spiritual. They need to be willing to believe in a Power greater than themselves and to live by spiritual principles (but no specific dogma).
6. Be sane, quiet and full of human understanding.
7. Outline the program of action:
 - Inventory
 - Amends
 - Daily prayer and meditation
 - Service to others
8. Tell them about the Fellowship. Tell them that if they want to get well you will do anything to help.
9. If they are sincerely interested; give them the Big Book and ask them to read it.
10. Share your practical experience with the Steps. Make yourself available for the Third and Fifth Steps (and Seventh if requested).
11. Help them get a job, give them a little financial assistance, or provide shelter in your home. Help but do not enable. Recovery is not dependent upon people. It is dependent upon the person's relationship with God.
12. “Your job now is to be at the place where you may be of maximum helpfulness to others” (page 102).

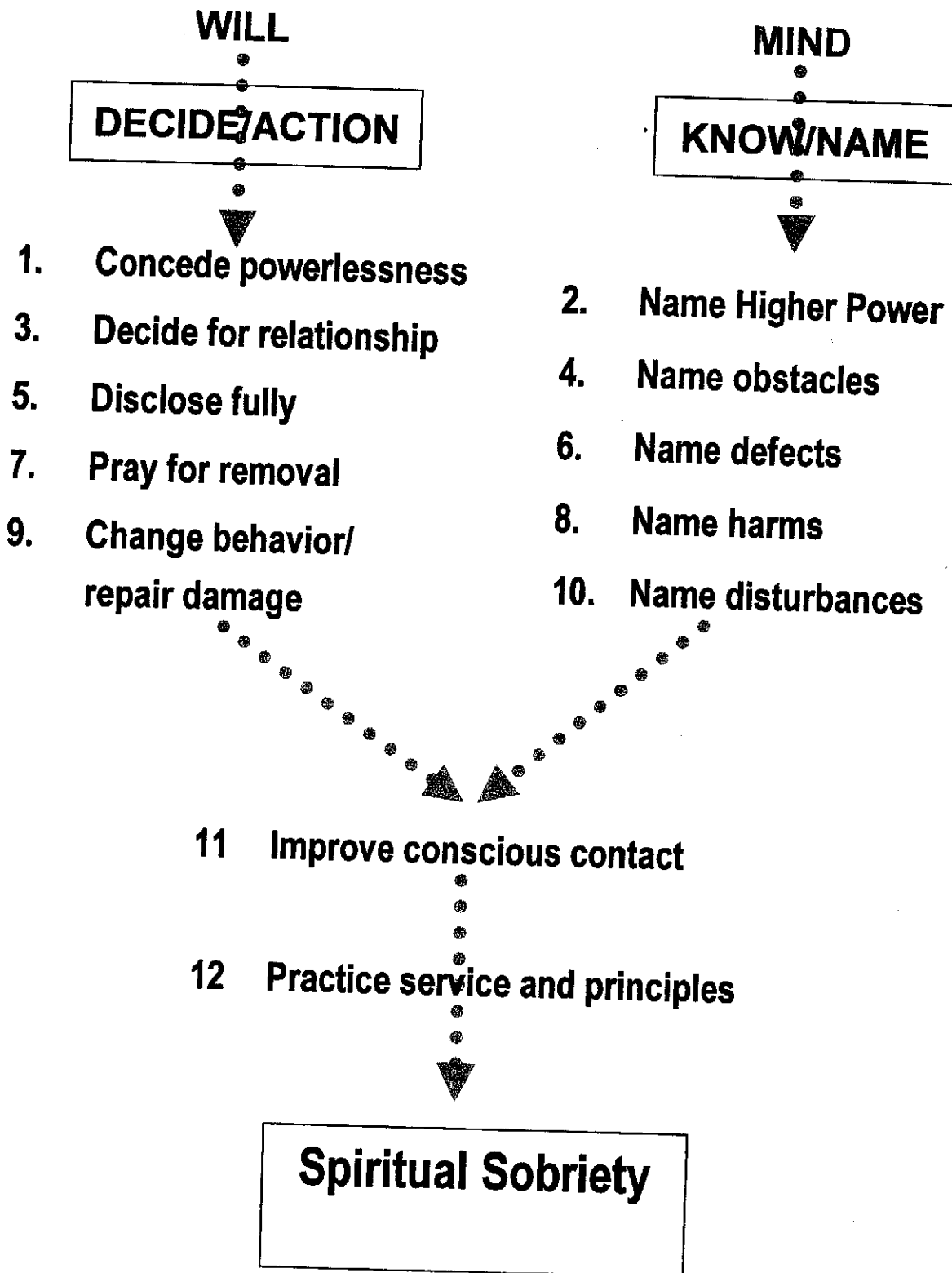


Principles



1. **Honesty** Conduct is fair and straightforward, adherence to facts, means uprightness of character or action. Honesty implies a refusal to lie, steal, or deceive in anyway.
ACTION: TRUTH
2. **Faith/Hope** Belief and complete confidence in God without logical proof or material evidence. To desire with expectation of fulfillment, to long for with expectation of obtainment, to expect with desire; desire accompanied by expectation of or belief in fulfillment.
ACTION: DECISION/EXPECTANCY
3. **Surrender** To yield to the power, control or possession of another upon compulsion or demand, to give up completely or agree to forgo—especially in favor of another; to give oneself up into the power of another; to give oneself over to something (as an influence or course of action.)
ACTION: DECISION/TRUST
4. **Courage** Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; courage implies firmness of mind and will in the face of danger or extreme difficulty.
ACTION: WRITE
5. **Integrity** An unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or undivided.
ACTION: REVELATION
6. **Willingness** Inclined or favorably disposed in mind; ready; prompt to act or respond; done, borne, or accepted of choice or without reluctance; or relating to the will or power of choosing.
ACTION: SEEING
7. **Humility** Quality or state of being humble; not proud or haughty; not arrogant or assertive; reflecting, expressing, or offered in the spirit of deference or submission.
ACTION: ACCEPTANCE
8. **Compassion** Affection based on benevolence, warm attachment, enthusiasm, or devotion; unselfish concern that freely accepts another in loyalty and seeks their good; the parental concern of God for God's children.
ACTION: CARE
9. **Justice** The maintenance or administration of that which conforms to law, especially spiritual; honorable and fair dealing of persons with each other.
ACTION: RESTITUTION
10. **Discipline** To train or develop by instruction and exercise—especially in self-control; training that corrects, molds, or perfects the mental faculties or moral character; orderly or prescribed conduct or pattern of behavior.
ACTION: ATTENTION
11. **Awareness** Having or showing realization, perception, or knowledge; implies vigilance in observing or alertness in drawing inferences from what one sees or hears.
ACTION: PRAYER
12. **Service** Contribution to the welfare of others.
ACTION: LOVE (CHARITY)

Dynamics of Twelve Steps



Twelve Step Recovery Books

Published by Alcoholics Anonymous or Al-Anon

- Alcoholics Anonymous (Big Book) – The Basic Text of AA
- Twelve Steps and Twelve Traditions – Commentary by Bill Wilson
- Alcoholics Anonymous Comes of Age
- Dr. Bob and the Good Oldtimers
- The Language of the Heart
- Came To Believe
- Living Sober
- How Al-Anon Works for Families & Friends of Alcoholics
- Paths to Recovery – Al-Anon Steps, Traditions and Concepts
- The Dilemma of the Alcoholic Marriage – Al-Anon Literature

Other Publications related to Recovery

- The Adult Children of Alcoholics Syndrome – Wayne Kritsberg
- It Will Never Happen to Me – Claudia Black
- My Name is Bill – Susan Cheever
- Codependent No More – Melodie Beadie
- Facing Love Addictions – Pia Melody
- How It Works – Mitchell K. (Story of Clarence Snyder)
- Not God – Ernest Kurtz
- Sponsorship – Hamilton B
- Turning Point (History of Early AA) – Dick B.

Bibliography

- Anonymous. *The Cloud of Unknowing*. New York, Doubleday, 1973.
- Karen Armstrong. *A History of God*. New York, Ballentine, 1993.
- Dick B. . *The Good Book and The Big Book*. Kihei, HI, Paradise Research Publication, 1997.
- Hamilton B. . *Twelve Step Sponsorship*. Center City, MN, Hazelden, 1996.
- M. Basil Pennington. *True Self/False Self*. New York, Crossroads, 2000.
- Melody Beattie. *Beyond Codependency* . New York , Harper & Row, 1989.
- Melody Beattie. *Codependent No More*. Center City, MN, Hazelden, 1992.
- Ernest Becker. *Denial of Death*. New York, Free Press, 1973.
- Cynthia Bourgeault. *Centering Prayer and Inner Awakening*. Cambridge, MA, Cowley Publications , 2004.
- Cynthia Bourgeault. *The Wisdom Way of Knowing*. San Francisco, Jossey-Bass , 2003.
- Patrick Brennan. *The Way of Forgiveness*. Ann Arbor, Mich, Charis/Servant Publications , 2000.
- Chuck C.. *New Pair of Glasses*. Irvine, CA, New-Look Publishing, 1983.
- Jean-Pierre de Caussade. *The Joy of Full Surrender*. Orleans, MA, Paraclete Press , 1986.
- Neal Donald Walsch. *Conversations with God (Book .* New York, G.P. Putnam, 1996.
- Jim Finley. *Christian Meditation*. San Francisco, Harper San Francisco, 2004.
- Jim Finley. *Contemplative Heart*. Notre Dame, Ind, Ave Maria Press, 1978.
- Jim Finley. *Merton's Palace of Nowhere*. Notre Dame, Ind, Ave Maria Press, 2003.
- Robert Fitzgerald, SJ. *The Soul of Sponsorship*. Center City, MN, Hazelden, 1995.
- Emmet Fox. *Sermon on the Mount*. San Francisco, Harper San Francisco, 1992.
- Viktor Frankel. *Man's Search for Meaning*. Boston, Beacon Press, 2006.
- R.M. French. *The Way of the Pilgrim*. New York, Harper Collins, 1973.
- Erich Fromm. *The Art of Loving*. New York, Perennial, 2000.
- Kevin Griffin. *One Breath at a Time (Buddhism and the Twelve Steps)*. Emmaus, Pa, Rodale / St. Martin's Press , 2004.
- Ruben Habito. *Total Liberation*. Marikina, Metro Manila, Philippine, Zen Center for Oriental Spirituality, 1986.
- Thi'ch Nhat Hanh. *Living Buddha, Living Christ*. New York, Riverhead Books, 1995.
- David R. Hawkins. *Power vs. Force*. Carlsbad, CA, Hay House , 2002.
- Harville Hendrix. *Getting the Love You Want*. New York, Harper Perenia, 1988.
- Judith Herman. *Trauma and Recovery*. New York, BasicBooks, 1997.
- Abraham Heschel. *I Asked for Wonder*. New York, Crossroads, 1983.
- Karen Horney. *Neurosis and Human Growth*. New York, W.W.Norton, 1950.
- William James. *Varieties of Religious Experience*. New York, Collier Book, 1961.
- William Johnson. *Arise My Love*. Maryknoll, NY , Orbis , 2001.
- William Johnson. *Mystical Theology*. Maryknoll, NY , Orbis , 1995.
- Keiran Kavanaugh. *The Collected Works of Saint John of the Cross*. Washington, DC, Institute of Carmelite Studies, 1995.
- Thomas Keating. *Intimacy with God*. New York, Continuum, 2002.
- Thomas Keating. *Invitation to Love*. New York, Continuum, 2001.
- Thomas Keating. *Manifesting God*. New York, Lantern, 2005.
- Thomas Keating. *Open Heart Open Mind*. New York, Continuum, 1994.
- Sam Keen. *Fire in the Belly*. New York, Bantam, 1991.
- Jack Kornfield. *A Path with Heart*. New York, Bantam, 1993.

Jack Kornfield. *After Ecstasy, the Laundry*. New York, Bantam, 2000.
 Wayne Kritsberg. *The Adult Children Of Alcoholics Syndrome*. Pompano Beach, FL, Health Communications , 1986.
 Ernest Kurtz. *Not God*. Center City, MN, Hazelden, 1979.
 Ernest Kurtz. *Spirituality of Imperfection*. New York, Bantam, 1992.
 Brother Lawrence. *The Practice of the Presence of God*. Amberson, PA, Scroll, 2001.
 Fred Luskin. *Forgive for Good*. New York, Harper Collins, 2002.
 Gerald May. *Addiction and Grace*. San Francisco, Harper & Row, 1988.
 Gerald May. *Simply Sane*. New York, Crossroads, 1994.
 Gerald May. *The Awakened Heart*. New York, Harper Collins, 1991.
 Gerald May. *The Dark Night of the Soul*. San Francisco, Harper San Francisco, 2003.
 Gerald May. *Will and Spirit*. New York, Harper Collins, 1982.
 Pia Melody. *Facing Codependence*. New York, Harper Collins, 1989.
 Pia Melody. *Facing Love Addiction*. New York, Harper Collins, 2003.
 Pia Melody. *The Intimacy Factor*. New York, Harper Collins, 2003.
 Thomas Merton. *New Seeds of Contemplation*. New York, New Directions, 1962.
 Don Miguel Ruiz. *The Four Agreement*. San Rafael, CA, Amber-Allen, 1997.
 Alice Miller. *Drama of the Gifted Child*. New York, BasicBooks, 1994.
 Alice Miller. *For Your Own Good*. New York, Farrar Straus and Giroux, 2002.
 Caroline Myss. *Entering the Castle*. New York, Free Press, 2007.
 Scott Peck. *The Road Less Traveled*. New York, Touchstone, 1978.
 Peace Pilgrim. *Her Life and Work in Her Own Words*. Sante Fe, NM , Ocean Tree, 1982.
 Chogyam Trungpa Rinpoche. *Cutting Through Spiritual Materialism*. Boston , Shambhala /Random House, 1987.
 Don Riso. *Understanding the Enneagram*. Boston, Houghton Mifflin, 1990.
 Richard Rohr. *Everything Belongs*. New York, Crossroads, 1999.
 Richard Rohr. *Wild Man's Journey*. Cincinnati, OH, St. Anthony's Messenger, 1992.
 George Saint-Laurent. *Spirituality and World Religions*. Mountain View, CA, Mayfield, 2000.
 Daniel Siegal. *Mindsight*. New York, Bantam, 2010.
 Daniel Siegal. *The Developing Mind*. New York, Guilford Press, 1999.
 Shunryu Suzuki,. *Zen Mind, Beginners Mind*. Boston , Weatherhill, 2006.
 Eckhart Tolle. *A New Earth*. New York, Penguin, 2006.
 Eckhart Tolle. *Stillness Speaks*. Novato, CA, New World Library, 2003.
 Eckhart Tolle. *The Power of Now*. Novato, CA, New World Library, 1999.
 Rick Warren. *The Purpose Driven Live*. Grand Rapids, MI, Zondervan, 2002.
 Ken Wilber. *A Theory of Everything*. Boston, Shambhala, 2000.
 Ken Wilber. *Integral Spirituality*. Boston, Shambhala, 2006.
 Ken Wilber. *The Simple Feeling of Being*. Boston, Shambhala, 2004.
 Marianne Williamson. *A Return to Love*. New York, Harper Collins, 1992.

Reflections

- Rohr: "We transform our character defects or we transmit them."
- Michaelangelo: "Envision beauty within and then remove what doesn't belong."
- Finley: "We hold onto identity as our security and it is in the willingness to let go the illusions that we find our true self and ultimate freedom."
- Heschel: "The issue of prayer is not prayer; the issue of prayer is conscious contact with God."
- Merton: "Meditation is the combustion chamber for the EGO; the place where the false self is dismantled/dies."
- Rolheiser: "We have been ravished by acts of our own will. Through meditation and a commitment to the spiritual path we surrender to be ravaged by God—through conformity to God's will."
- Chuck C.: "How can I help you do what you need to do—for fun and for free."
- Big Book: "The spiritual life is not a theory, we have to live it."
- Fragomeni: "I am no closer to God than the person I love least."
- Clancy: "One drunk talking to another, reducing the feelings of difference to allow them to take actions that they don't believe in."
- 12x12: "We are children of chaos."
- Fragomeni: "When we enter into another's chaos, so that we know that they are not alone, we are all set free from our own chaos."
- St. Augustine: "Everywhere and always we must preach the good news; only use words if you have to."
- Jim Clark: "Responding to the present moment we evolve/grow toward Wisdom—seeing as God sees."
- Mother Teresa: "We cannot love and do great things; we can only do small things with great love."
- Herschel: "God is waiting for us to redeem the world." "We are either servants of the sacred or slaves of the profane."
- Arun Ghandi: "We must live what we want others to learn."
"We must become the change we seek."
"We cannot help everyone but we must help someone."
- Jim English: "Life is a community affair; transformation is a community experience."
- Churchill: "We make a living by what we get; we make a life by what we give."

Amazing Grace

Amazing grace, how sweet the sound
that saved a wretch like me.
I once was lost, but now am found;
Was blind, but now I see.

Tw'as grace that taught my heart to fear,
and grace my fears relieved.
How precious did that grace appear
The hour I first believed.

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

Through many dangers, toils and snares
I have already come.
Tis grace that brought me safe thus far;
And grace will lead me home.

When we've been there ten thousand
years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

A CHINESE LEGEND

*Look at that curve in the River of Ch'i
With the green bamboos so luxuriant.*

The Book of Songs (Waley)

Once upon a time, in the heart of the Western Kingdom, lay a beautiful garden. And there in the cool of the day was the Master of the Garden wont to walk. Of all the denizens of the garden, the most beautiful and most beloved was a gracious and noble bamboo. Year after year, Bamboo grew yet more noble and gracious, conscious of his Master's love and watchful delight, but modest and gentle withal. And often, when Wind came to revel in the garden, Bamboo would cast aside his grave stateliness, to dance and play right merrily, tossing and swaying and leaping and bowing in joyous abandon, leading the Great Dance of the Garden which most delighted the Master's heart.

Now upon a day, the Master himself drew near to contemplate his Bamboo with eyes of curious expectancy. And Bamboo, in a passion of adoration, bowed his great head to the ground in loving greeting. The Master spoke: "Bamboo, Bamboo, I would use thee.

Bamboo flung his head to the sky in utter delight. The day of days had come, the day for which he had been made, the day to which he had been growing hour by hour, the day in which he would find his completion and his destiny. His voice came low: "Master, I am ready. Use me as thou wilt."

"Bamboo"--the Master's voice was grave--"I would fain take thee and--cut thee down!"

A trembling of a great horror shook Bamboo. "Cut . . . me . . . down? Me . . . whom thou, Master, hast made the most beautiful in all thy garden . . . to cut me down! Ah, not that, not that. Use me for thy joy, O Master, but cut me not down!"

"Beloved Bamboo"--the Master's voice grew graver still--"if I cut thee not down, I cannot use thee."

A CHINESE LEGEND

The garden grew still. Wind held his breath. Bamboo slowly bent his proud and glorious head. There came a whisper: "Master, if thou canst not use me but thou cut me down . . . then . . . do thy will and cut."

"Bamboo, beloved Bamboo, I would . . . cut thy leaves and branches from thee also."

"Master, Master, spare me. Cut me down and lay my beauty in the dust; but wouldst thou take from me my leaves and branches also?"

"Bamboo, alas, if I cut them not away, I cannot use thee."

The sun hid his face. A listening butterfly glided fearfully away. And Bamboo shivered in terrible expectancy, whispering low: "Master, cut away."

"Bamboo, Bamboo, I would yet . . . cleave thee in twain and cut out thine heart, for if I cut not so, I cannot use thee."

Then was Bamboo bowed to the ground. "Master, Master . . . then cut and cleave."

So did the Master of the garden take Bamboo and cut him down and hack off his branches and strip off his leaves and cleave him in twain and cut out his heart. And lifting him gently, carried him to where was a spring of fresh, sparkling water in the midst of his dry fields. Then putting one end of broken Bamboo in the spring and the other end into the water channel in his field, the Master laid down gently his beloved Bamboo. And the spring sang welcome and the clear sparkling waters raced joyously down the channel of Bamboo's torn body into the waiting fields. Then the rice was planted, and the days went by, and the shoots grew and the harvest came.

In that day was Bamboo, once so glorious in his stately beauty, yet more glorious in his brokenness and humility. For in his beauty he was life abundant, but in his brokenness he became a channel of abundant life to his Master's world.

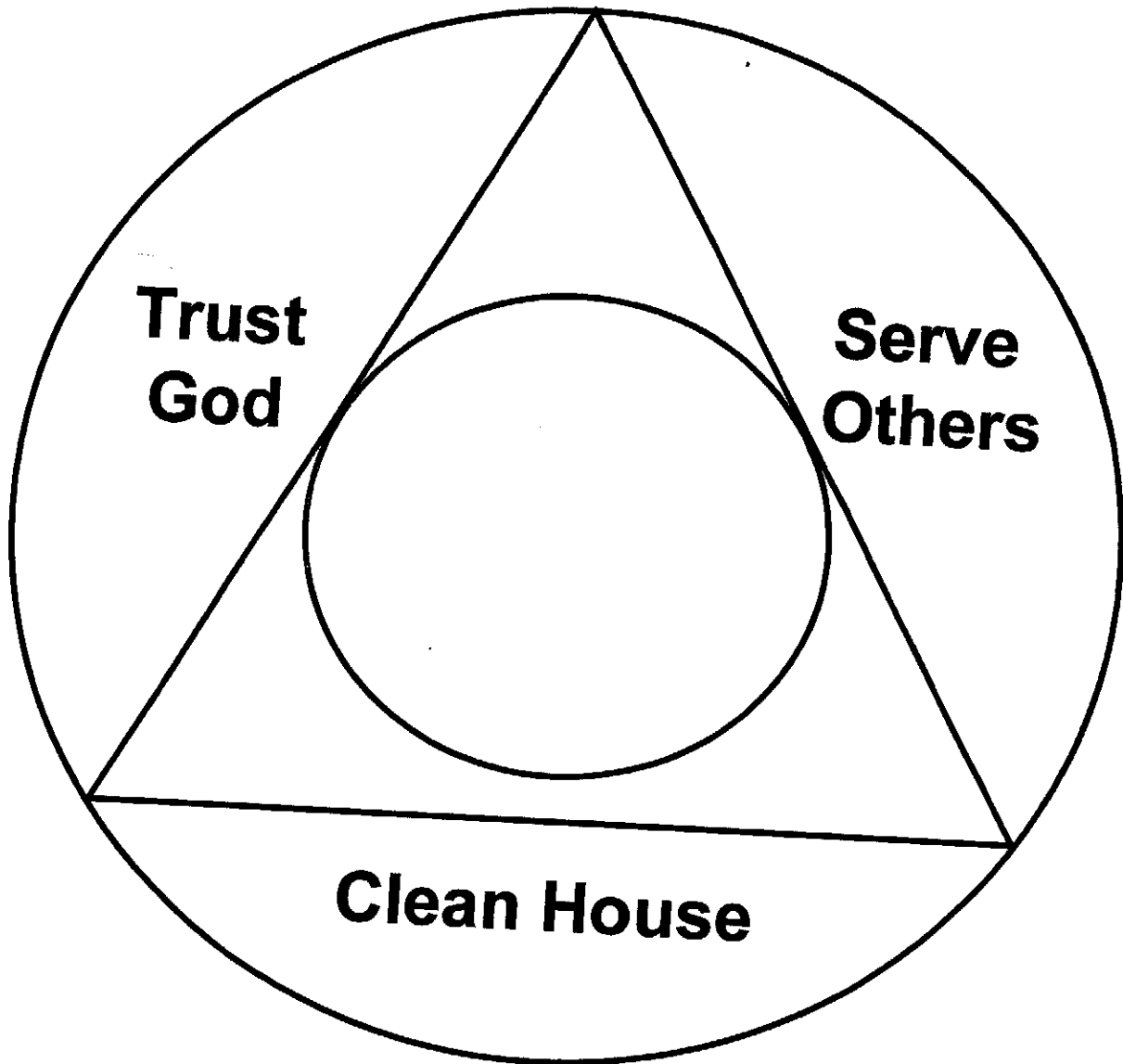
In the Shadow of Nine Dragons, Eric Hague. London: Highway Press, 1958.

PRAYER OF ST FRANCIS OF ASSISSI

“Lord, make me a channel of thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness;
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair; I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
To understand, than to be understood;
To love, than to be loved.
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to eternal life.

Amen”

Our Way Of Life



Twelve Step Spirituality

AA Big Book Step Study, Reading Assignments

BOOK	BIG BOOK AA	TWELVE-STEP GUIDE TO USING THE AA BIG BOOK	TWELVE STEPS TO SPIRITUAL AWAKENING
AUTHOR:	GSO, 4th EDITION	HERB K	HERB K
Assignment 1	TITLE PAGE-XIV	1-12	TITLE PAGE-XI
Assignment 2	XV-XXIV	13-22	XII-14
STEP 1			
BODY	XXV-XXX I I; 1-8, 17-23	23-24	15-29
MIND	23-43	25-26	29-35
WILL	44-45; 52; 60-62	27-29	36-45
STEP 2			
	45-57; 9-16; 567-568	32; #1-3	52-56
		32-34; #4-12	57-60
		34-35; #13-19	61-69
STEP 3			
	58-63	38-43	73-84
STEP 4			
RESENTMENT	63-64	44-45	87-91
	64		91
COLUMN 1	64	44-45	87-91
COLUMN 2	64	46-47	91
COLUMN 3	64-65	48-50	91-94
PRAYER	66-67	51-52	94-96
COLUMN 4	67	53-55	97-99
FEAR	67-68	56-58	99-103
SEX	68-70	59-61	103-106
CONCLUSION	70-71	62-63	107-110
STEP 5			
	72-75	64-68	113-124
STEP 6			
	76	69-72	127-137
STEP 7			
	76	73-75	141-151
STEP 8			
	76	76-79	155-170
STEP 9			
	76-84	80-83	173-190
STEP 10			
	84-85	84-87	193-204
STEP 11			
	85-88	88-91	207-230
STEP 12			
CHAPTER 7: SERVICE; SPONSORSHIP	89-103	92 #1-7	233-245
CHAPTER 8: PRINCIPLES: RELATIONSHIP	104-121	92-95	245-262
CHAPTER 9: PRINCIPLES: FAMILY	122-135	96-97	263-291
CHAPTER 10: PRINCIPLES: WORK	136-150	96-97	263-291
CHAPTER 11: PRINCIPLES: COMMUNITY/FELLOWSHIP	151-164	96-97	263-291