

Week Nine

READ AT EVERY MEETING

PURPOSE - CHANGE OF PERSONALITY

THE PURPOSE OF THE NOVALCO METHOD OF A.A. IS TO EFFECT A CHANGE IN ATTITUDE. BY USING THE STEPS, THIS CAN BE ACCOMPLISHED IN A RELATIVELY SHORT TIME, USUALLY THREE TO FOUR MONTHS. WHEN THIS IS ACCOMPLISHED THE NEW MEMBER HAS LESS CHANCE OF TAKING A DRINK. AFTER THE MEMBER HAS COMPLETED THE STEPS, HE OR SHE THEN GROWS AS THE REGULAR MEETINGS ARE ATTENDED. HAVING DONE THE STEPS IN SEQUENCE, THE GROWTH AND MATURITY SEEM TO COME EASIER AND FASTER. THE MEMBER GAINS THE PEACE OF MIND, SOBRIETY, SERENITY AND HAPPINESS, THAT ALL ALCOHOLICS ARE SEARCHING FOR.

THE PURPOSE - TO CHANGE OUR THINKING AND GIVE US A SPIRITUAL AWAKENING IN A REASONABLY SHORT PERIOD OF TIME.

BY ACCEPTING THIS CHANGE AND WORKING THE PROGRAM ON A TWENTY FOUR HOUR BASIS, SOBRIETY IS NOW A FACT OF LIFE.

1. MOMENT'S SILENCE

2. SERENITY PRAYER IN UNISON

3. REVIEW LAST WEEK.

REVIEW STEP 6 AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP SEVEN

AFTER ADMITTING OUR POWERLESSNESS AND THAT OUR LIFE IS UNMANAGEABLE, COMING TO A BELIEF, HAVING MADE A DECISION TO LET OUR HIGHER POWER RUN OUR WILL, HAVING FOUND OUT WHAT OUR DEFECTS ARE IN STEP 4, HAVING DISCUSSED THEM WITH ANOTHER PERSON IN 5, DEMONSTRATING A WILLINGNESS TO GET RID OF THEM IN 6, NOW WE START TO DO SOMETHING ABOUT THEM - SEE THE PATTERN? THIS STEP SAYS WE HUMBLY ASK. WE SIMPLY ASK OUR HIGHER POWER TO REMOVE THEM!

SOME PEOPLE CALL IT PRAYER. SOME REFER TO IT AS SAYING A FEW WORDS, BUT IT ALL AMOUNTS TO ASKING.

MANY CALL IT A PLEASE AND THANK YOU PROGRAM OR STEP. THEY ASK FOR HELP IN THE MORNING AND SAY THANK YOU AT NIGHT.

MANY USE IT FOR A PARTICULAR DEFECT THEY ARE WORKING ON, SUCH AS "PLEASE HELP ME TO CONTROL MY TEMPER" WHEN A NASTY SITUATION IS ABOUT TO CONFRONT ONE. THIS TYPE OF ASKING IS VERY EFFECTIVE.

KEY #1

ASKING CAN HELP GREATLY IN GETTING RID OF AND CONTROLLING DEFECTS. PUT PEACE OF MIND AND SOBRIETY IN ITS PLACE.

KEY #1A

ELIMINATION OF OUR DEFECTIVE CHARACTER TRAITS, ACQUISITION OF PEACE OF MIND AND SOBRIETY.

KEY #2

SPIRITUAL ATTITUDE IS PROGRESSIVELY ACQUIRED BY DOING THE STEPS IN SEQUENCE.

KEY #2A

WE GAIN THE SPIRITUAL ATTITUDE AND SATISFACTORY FRAME OF MIND NECESSARY TO EFFECTIVE FULFILLMENT.

KEY #3

NO FORMAL ASKING OR PRAYER IS REQUIRED AND IS MOST EFFECTIVE IN THE MEMBERS OWN WORDS. IF THE MEMBER CAN SAY IT ALOUD WHEN HE IS ALONE, HE EXPERIENCES THE FEELING THAT HE IS GETTING THROUGH TO HIS HIGHER POWER.

KEY #3A

WE ASK FOR AN UNDERSTANDING OF THIS ILLNESS AND FOR HIS STRENGTH AND HELP IN ARRESTING IT. WE WISH TO ARREST IT, BUT ONLY FOR UNSELFISH PURPOSES.

KEY #4

ONE DOES NOT ASK FOR NEW CARS AND OTHER MATERIAL THINGS. HOWEVER, IF PRAYER IS UNSELFISH, OUR HIGHER POWER AFFORDS US GREAT OPPORTUNITIES AND MAY PRESENT THE OPPORTUNITY WHEREBY WE CAN ACQUIRE SUCH MATERIAL THINGS. WE ASK FOR HELP TO FOLLOW HIS WILL, FOR HELP TO OVERCOME OUR DEFECTS. WE ASK FOR HELP FOR OUR FRIENDS AND FAMILY, PRAYING FOR ONE'S ENEMIES IS VERY EFFECTIVE IN GETTING RID OF HATE, RESENTMENT, JEALOUSY, ENVY ETC.

KEY #4A

WE ASK FORGIVENESS FOR THE WRONGS WE HAVE COMMITTED. WE ASK FOR PROTECTION FROM SELF-PITY, FROM RESENTMENT, FROM ALL SELFISHNESS. WE ASK FOR WISDOM AND UNDERSTANDING TO KNOW HIS WILL. WE ASK FOR SPIRITUAL AND PHYSICAL STRENGTH TO EXECUTE HIS WILL. ACKNOWLEDGING OUR SHORTCOMINGS, WE SINCERELY PRAY TO GOD THAT HE WILL REMOVE THEM.

KEY #5

THANKING IS VERY IMPORTANT. SO MANY WONDERFUL THINGS HAPPEN TO US. TO GROW IN HUMILITY, WE MUST THANK AND SHOW OUR GRATITUDE TO OUR HIGHER POWER. WHEN WE THANK, WE THANK FOR BOTH SPIRITUAL AND MATERIAL THINGS. WHEN WE ARE IN THE RIGHT SPIRITUAL MENTAL FRAME OF MIND, "EVEN THE GRASS IS GREENER", WE ARE TRULY THANKFUL.

KEY #5A

PRAYER, OUR HIGHEST TYPE OF MENTAL ENERGY, SERVES A THREE-FOLD PURPOSE. BY IT WE ASK GOD'S HELP; WE THANK HIM FOR RECOVERY AND WE MAINTAIN OUR CONTENTED SOBRIETY.

KEY #6

OUR GOAL OF SOBRIETY, SANE BEHAVIOR, PEACE OF MIND, HAPPINESS FOR OURSELVES AND FAMILY IS A SIMPLE GOAL BUT A POWERFUL ONE AND CAN HAPPEN TO ANY OF US WHO WILL DO AND CONTINUE TO DO THE STEPS IN SEQUENCE SINCERELY.

KEY #6A

A GOAL FROM WHICH HE GAINS SOBRIETY, SANE BEHAVIOR, PEACE OF MIND, AND HAPPINESS FOR HIMSELF AND FAMILY.

KEY #7

LET US WAKE UP OUR LATENT POWER THAT IS WITHIN US AND PUT IT TO WORK FOR GOOD. GOOD IN US AND GOOD IN OUR FELLOW MAN. IT IS READY TO GO TO WORK WHEN WE COMMAND IT THROUGH THE WILL OF OUR HIGHER POWER.

KEY #7A

THERE IS LATENT POWER WITHIN EACH OF US THAT DEVELOPS THROUGH CONSCIOUS CONTACT WITH GOD. IT REPLACES ALCOHOLIC FEAR AND WEAKNESS WITH SPIRITUAL STRENGTH AND UNDERSTANDING. THROUGH IT THE MIRACLE OF A.A. IS POSSIBLE.

KEY #8

LET US BUILD OUR POSITIVE PERSONALITY CHAIN.

KEY #8A

SEPARATE LINKS THAT GO INTO THE NEW PERSONALITY CHAINS WE ARE BUILDING. WITHOUT THEM OUR REHABILITATION IS IMPOSSIBLE.

KEY #9

THINK IN TERMS OF A GREAT SURGEON CUTTING OUT THE DEFECTS OF OUR PERSONALITIES. REMEMBER - HUMBLY ASK HIM.

KEY #9A

A DIVINE TYPE OF SURGERY IS SUGGESTED BY STEP SIX AND SEVEN. HUMBLE PRAYER BECOMES THE SPIRITUAL SCALPEL WITH WHICH GOD CUTS OUT THE DAMAGED PORTIONS OF OUR SICK PERSONALITIES. COMPLETE SURRENDER TO GOD'S WILL ASSURES US A PAINLESS, SUCCESSFUL OPERATION.

GROUP READS 12X12 STEP 7

COMMITMENT:

"WILL YOU ASK YOUR HIGHER POWER OR GOD, IF YOU PREFER, TO REMOVE YOUR SHORTCOMINGS?"

"WILL YOU THANK YOUR HIGHER POWER OR GOD, IF YOU PREFER, FOR REMOVING YOUR SHORTCOMINGS?"

THIS IS THE PLEASE AND THANK YOU STEP.

"THANK YOU FOR YOU HAVE GIVEN ME"

"THANK YOU FOR WHAT YOU TAKEN AWAY FROM ME"

"THANK YOU FOR WHAT YOU HAVE LEFT OF ME"

ASK MEMBERS TO READ ANOTHER PERSONAL STORY IN THE BIG BOOK THIS WEEK.

HOME STUDY:

BIG BOOK - CHAPTER 9 THE FAMILY AFTERWARD

12X12 - STEP 7