

Week Four

REVIEW STEP TWO AND REAFFIRM COMMITMENT

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.

SUGGESTIONS FOR CHAIRMAN ON STEP THREE

THE IMPORTANT PART IN THIS STEP IS DECISION. **THE DECISION TO TURN OUR WILL AND LIFE OVER TO THE CARE OF OUR HIGHER POWER.** THIS DOES NOT MEAN FROM HERE ON WE COMPLETELY TURN OUR WILL OVER, BUT THE STEP ASKS FOR A DECISION TO DO SO AT THIS STAGE. THE NEW MEMBER DOES NOT UNDERSTAND THIS; BUT IF THE DECISION IS MADE NOW THE BALANCE OF THE STEPS WILL SHOW HIM HOW. REALLY TURNING ONE'S WILL OVER MEANS THINKING AND DOING THINGS LIKE YOUR HIGHER POWER WOULD DO THEM, OR DOING GOOD ACTS AND HAVING GOOD THOUGHTS. OTHERWISE, BEHAVIOUR THAT PRODUCES POSITIVE RATHER THAN NEGATIVE RESULTS.

KEY #1

SELF-CENTEREDNESS AGAIN SHOWS ITS UGLY HEAD - HAVING RUN OUR LIFE AND THOUGHTS ALONG THE SELF CENTERED ROAD WE NOW MAKE A DECISION TO LET ANOTHER POWER HELP US RUN IT. WHAT HAVE WE GOT TO LOSE? WE MUST HAVE WILLINGNESS TO MAKE OUR DECISION STICK.

KEY #1A

OUR GREAT NEED IS THE LOSS OF SELF-CENTEREDNESS AND ALCOHOLIC OBSESSION.

KEY #2

WHEN THE DECISION IS MADE WITH WILLINGNESS, THEN WE START TO MOVE AND WE ARE ON OUR WAY.

KEY #2A

WHEN WE HAVE MADE THIS CRUCIAL DECISION, OUR MENTAL ATTITUDE CHANGES RAPIDLY FROM NEGATIVE TO WHOLESOME, CONSTRUCTIVE THINKING. WE LOSE OUR UNCERTAINTY AND FEAR.

KEY #3

SIMPLICITY IS THE CORNER STONE OF OUR PROGRAM/AND THE CHAIRMAN SHOULD STRIVE TO MAKE EVERYTHING AS SIMPLE AS POSSIBLE FOR HIS CLASS.

KEY #3A

WE ARE ADVISED THAT THE A.A. PROGRAM IS A SIMPLE ONE AND THAT WE SHOULD KEEP IT AS SIMPLE AS POSSIBLE.

KEY #4

THE NEW MEMBER MOST ALWAYS CONFUSES A.A. WITH RELIGION. THIS HAPPENS IN THE EARLY STEPS. THE CHAIRMAN HELPS TO OVERCOME THIS BY USING THE WORD HIGHER POWER RATHER THAN GOD FOR THE FIRST SIX OR SEVEN STEPS. EXPLAINING THE WORD SPIRITUAL AS IT IS MEANT IN A.A. HELPS AFTER THE MEMBER DOES STEP 5 HE IS USUALLY FAMILIAR WITH THE WORD GOD AND IT DOESN'T CONFUSE HIM SO MUCH AND HE WILL NOW USE THE WORD FREELY.

KEY #4A

WE SHOULD NOT CONFUSE ORGANIZED RELIGION WITH A.A. LET'S KEEP OUR RELIGION SEPARATE. DO NOT SUBSTITUTE IT FOR OUR A.A. PHILOSOPHY.

KEY #5

THE CHAIRMAN SHOULD EXPLAIN TO THE CLASS HOW IT HAS TAKEN YEARS TO GET THIS WAY SO ONE CANNOT EXPECT A CHANGE OVERNIGHT. WE WILL CHANGE, HOWEVER, IF WE GIVE OURSELVES TIME AND HAVE PATIENCE.

KEY #5A

A GREAT BARRIER TO FINDING GOD IS IMPATIENCE, SINCE THIS IS NO OVERNIGHT PROCESS.

KEY # 6

EXPLAIN THE PROGRAM AND HOW ITS BENEFITS HAVE TO BE EARNED. WE WILL MATURE AND GROW SPIRITUALLY IF WE DO THE STEPS AND HAVE FAITH IN OUR HIGHER POWER AND IN THE PROGRAM. DO NOT EXPECT TOO MUCH TOO FAST.

KEY #6A

BY SUCH METHOD WE WOULD HAVE A PROGRAM OF THREE STEPS, NOT TWELVE. IT IS THE PRACTICE OF STEPS FOUR TO TWELVE INCLUSIVE THAT TEACH US OUR UNDERSTANDING OF GOD.

KEY #7

PROCRASTINATION IS OUR GREATEST ENEMY AND CAN PLAGUE US TO NO END. LET US MAKE OUR DECISION NOW. ASK QUESTIONS.

KEY #7A

PROCRASTINATION PREVENTS IT.

KEY #8

EMPHASIZE THAT WE SURRENDER TO WIN. LET US
START TO REPLACE SELF-CENTEREDNESS WITH
HUMILITY.

KEY #8A

WE STOP PLAYING GOD. WE SURRENDER OUR SELF-
CENTEREDNESS TO HIM. WE RELAX.

GROUP READS STEP 3 - 12X12

COMMITTMENT

THE CHAIRMAN SHOULD ASK EACH MEMBER "ARE YOU
WILLING TO MAKE THE DECISION TO TURN YOUR WILL
OVER?" JUST THE DECISION, NOTHING MORE.

YOU ARE NOW READY FOR STEP 4

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

HOME STUDY:

BIG BOOK - CHAPTER 4 WE AGNOSTICS

12X12 - STEP 3