

Week Fifteen

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 ELEVEN SECOND PART AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP ELEVEN (THIRD PART)

RECALL AT THE LAST MEETING ON THE (SECOND PART) OF STEP 11 WHERE WE FOUND AN UNDERSTANDING OF OUR HIGHER POWER'S WILL FOR US. WE MUST NOW SEE IN OUR HIGHER POWER A TREMENDOUS FORCE FOR GOOD, A FORCE PROPERLY GENERATED WITHIN US CAN ACCOMPLISH GREAT THINGS. FOR EXAMPLE; A SOBER CONTENTED HAPPY LIFE; THINK OF THE MOTTOS "THE PROBLEM IN FRONT OF US IS NEVER AS GREAT AS THE POWER BEHIND US" AND "IF GOD IS WITH US, WHO CAN BE AGAINST US?" ALL THE GREAT MEN OF THE WORLD TODAY ASK FOR THIS HELP. THEY ASK UNSELFISHLY FOR GUIDANCE, COURAGE AND STRENGTH TO CARRY OUT THEIR DUTIES. THIS INCLUDES PRESIDENTS, KINGS, QUEENS, AND PRIME MINISTERS. SO WHY SHOULDN'T WE ASK FOR THE SAME HELP?

KEY #1

WHEN ASKING FOR THE POWER TO CARRY OUT GOD'S WILL, ONE MUST BE PREPARED TO DO THE LEG WORK. "GOD HELPS THOSE WHO HELP THEMSELVES." WE ARE SPEAKING IN POSITIVE TERMS. OF COURSE, ASKING ALONE IS NOT ENOUGH, IT WORKS IF WE WORK.

KEY #1A

WE MUST MERIT THE POWER WE SEEK BY FIRST IMPROVING OUR EFFICIENCY. MENTAL ENERGY, SPIRITUAL STRENGTH AND PHYSICAL ENDURANCE ARE NOT GRANTED UNTIL WE QUALIFY FOR THEM. WE MAY PRAY FOR THEM AND WE SHOULD, BUT THEY CANNOT BE HAD FOR THE ASKING ALONE. THEY MUST BE EARNED BY HONEST ENDEAVOR. WE CANNOT LIVE THEIR LIVES BUT WE CAN HELP THEM TO HELP THEMSELVES. OUR INTEREST WILL URGE THEM ON TO RENEWED EFFORT.

KEY #2

ASKING FOR HIS WILL FOR US, ONLY, IS TO USE HIS WILL AND POWER UNSELFISHLY. WHEN OUR OWN WILL GETS TOO STRONG, AND WE ARE SELF-CENTERED, WE HAVE TO ASK FOR GUIDANCE TO GET BACK ON TRACK, WHICH IS GOD'S WILL FOR US. OUR MIND PLAYS TRICKS ON US SOMETIMES. WE MISTAKE THE HIGHER POWER'S WILL FOR OUR WILL ... LET US BE ON GUARD FOR THIS.

KEY #2A

IT IS NOT WISE TO PRAY FOR POWER SELFISHLY OR WITH RESENTMENT, ENVY OR SELF-PITY IN OUR HEARTS. GOD GRANTS SPIRITUAL HELP FREELY TO HONEST ALCOHOLICS WHO TRY TO LIVE THE A.A. PROGRAM.

KEY #3

POWER WILL COME TO US IF WE TRY TO HELP OTHER PEOPLE - POSITIVE POWER. REMEMBER WE ASK FOR THIS POWER AND WE FOLLOW UP WITH THE LEG WORK.

KEY #3A

ADMITTING OUR MISTAKES AND PRAYING FOR SPIRITUAL AID WILL BE MOST HELPFUL. FOLLOW UP WITH OUTRIGHT SERVICE TO SOMEONE ELSE. GOD RELEASES POWER TO THOSE WHOSE LIVES ARE A CHANNEL FOR HIS WILL. THIS TAKES US OUT OF THE "DRIVER'S SEAT" AND BACK TO THE A.A. PROGRAM.

KEY #4

LOVE AND SERVICE TO OTHERS IS THE MOST POWERFUL EXERCISE IN THE WORLD TODAY.

KEY #4A

IT IS REASONABLE TO BELIEVE, THEREFORE, THAT THE POWER TO CARRY OUT GOD'S WILL MUST COME FROM THE INSPIRATION AND ENERGY THAT ARE TO BE FOUND IN THE EMOTION OF LOVE. A LOVE THAT EMBRACES GOD AND OUR FELLOWMEN WITH SERVICE TO AND APPRECIATION OF BOTH.

GROUP READS ALL OF STEP 11

THE STEP ASKS US TO CARRY OUT THIS EXERCISE. AS WE DO THIS, ALL THE THINGS WE ARE SEARCHING FOR BECOME A REALITY; CONTENTED SOBRIETY, SERENITY AND HAPPINESS. IT WORKS IF WE WORK IT, LET US SEE OUR HIGHER POWER AS A POWER HOUSE AND WE ARE THE POWER CONDUIT. THE "POWER HOUSE" OR "OUR HIGHER POWER" AS WE UNDERSTAND HIM, SENDS THE CURRENT OR GOOD AND POSITIVE THOUGHTS TO US, THE POWER CONDUIT. WE PUT THESE IDEAS OR THOUGHTS INTO PRACTICE.

IF THE CONDUIT IS NOT EFFICIENT, WHICH MEANS US; RESISTANCE IS BUILT UP AND LESS POWER COMES THROUGH. SELF-CENTEREDNESS, FALSE PRIDE, NEGATIVE THOUGHTS CREATE RESISTANCE. LET US, AS THE POWER CONDUIT, KEEP OUR POWER LINE OPEN AT ALL TIMES SO WE CAN GET THE MAXIMUM ENERGY.

COMMITMENT:

"WILL YOU PRACTICE BEING THE PERFECT CONDUIT FOR YOUR HIGHER POWER?"

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

HOME STUDY:

BIG BOOK - ACCEPTING RECOVERY

12X12 - STEP 11