

Week Thirteen

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 10 AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP ELEVEN (a)

FIRST ASK EACH MEMBER IF HE USED STEP 10 AND HOW.

AS STEP ELEVEN IS A VERY IMPORTANT STEP, IT IS DESIRABLE TO BREAK IT DOWN INTO THREE PARTS AND THEREFORE REQUIRES THREE MEETINGS.

STEP ELEVEN IS SPIRITUAL IN NATURE AND REQUIRES A GREAT DEAL OF CONCENTRATION ON OUR PART, THIS FIRST PART OF THE STEP DEALS WITH "SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM."

OUR PRIME PURPOSE HERE IS TO TRY TO GET CLOSER TO OUR HIGHER POWER BY USING MEDITATION AND PRAYER. MANY OF US FEEL WE ARE NOT GETTING THROUGH WHEN WE TALK TO OUR POWER. SOME HAVE A VAGUE FEELING AND SOME DO NOT FEEL THEY ARE MAKING CONTACT. THIS IS THE SITUATION WE TRY TO IMPROVE IN ELEVENTH STEP.

FIRST LET US TAKE MEDITATION. MEDITATION SEEMS TO BE A FORM OF RELAXATION WHEREBY WE CLOSE OUR EYES AND CONCENTRATE ON THINKING ABOUT OURSELF AND OUR HIGHER POWER AND OUR RELATION TO HIM.

WE MUST SHUT OUT ALL DISTRACTIONS AND MATERIAL THINKING. TRY TO THINK ON A SPIRITUAL LEVEL. THIS IS HARD FOR MANY, BUT IF THEY WILL TRY, A FEELING OF CLOSENESS WITH THEIR POWER WILL COME OVER THEM. FIVE TO FIFTEEN MINUTES A DAY CAN BE VERY HELPFUL. TRY TO MAKE THIS A PERMANENT DAILY HABIT.

AFTER A MEDITATION SESSION IT IS REALLY USEFUL FOR US TO SAY A SHORT UNSELFISH PRAYER THANKING OUR HIGHER POWER FOR THE GOOD THINGS WE HAVE RECEIVED AND ASKING FOR OPPORTUNITIES TO HELP OTHER PEOPLE, OR FELLOW DRUNKS. IF WE MAKE A DAILY HABIT OF THIS WE WILL SOON GET THE FEELING THAT WE ARE GETTING THROUGH AND BEING HEARD BY OUR HIGHER POWER!

KEY #1

COMPLACENCY IS A BIG DANGER AT THIS STAGE. WE GET THE FEELING WE CAN HANDLE THINGS OURSELVES AND WE START DRIFTING. THE PROGRAM DOESN'T SEEM AS IMPORTANT AS A FEW WEEKS AGO. IT'S A FACT THAT WE CAN'T STAND STILL AND STILL MAKE PROGRESS; THEREFORE WE MUST GO FORWARD TO MAKE PROGRESS. WE MUST MAKE DIRECT CONTACT WITH OUR HIGHER POWER. LET US **BE IN TUNE WITH OUR HIGHER POWER**. READING OUR BOOK ALCOHOLICS ANONYMOUS IS A GREAT HELP TO A.A. MEMBER'S IN GETTING CLOSER TO OUR HIGHER POWER. READ IT DAILY IF POSSIBLE.

OTHER SPIRITUAL BOOKS ARE ALSO SUGGESTED.

KEY #1A

COMPLACENCY OBSCURES THE KNOWLEDGE THAT OUR RECOVERY FROM ALCOHOLISM WAS GRANTED BY A POWER GREATER THAN OURSELVES, THAT WITHOUT CONTACT WITH GOD, REVERSION TO OUR OLD LOW PHYSICAL AND SPIRITUAL LEVELS IS PROBABLE.

KEY #2

OUR SPIRITUAL CONDITION IS IMPORTANT AND WE SHOULD BE IN TOP FORM, OTHERWISE IF WE GET STINKING THINKING AND OUR DEFENSES ARE WEAK, WE ARE VULNERABLE. YOU WILL FIND THAT ANYONE WHO HAS TROUBLE IS USUALLY WEAK SPIRITUALLY.

KEY #2A

IN REALITY WE ARE ON A DAILY REPRIEVE FROM ALCOHOLISM AND THAT THESE CONTINUING REPRIEVES ARE CONTINGENT UPON OUR SPIRITUAL CONDITION.

KEY #3

LET US KEEP ASKING FOR HELP IN THE MORNING AND KEEP SAYING THANKS AT NIGHT. NOW WE SHOULD BROADEN OUR PRAYERS BY PRAYING FOR OTHER PEOPLE AND WE MIGHT ASK OUR HIGHER POWER TO MEET AN ALCOHOLIC WHOM WE CAN HELP.

KEY #3A

THEIR TROUBLE INVARIABLY BEGINS WITH NEGLECT OF PRAYER. A SURE WAY OF INCREASING THIS HELP AND IMPROVING OUR CONTACT WITH GOD IS POSSIBLE THROUGH THE USE OF SIMPLE PRAYERS OF SINCERE APPRECIATION.

KEY #4

RELAXATION OF MIND AND BODY IS OF UTMOST IMPORTANCE FOR PEOPLE LIKE US. WHEN WE FEEL TENSION BUILDING UP, WE SAY, "SLOW DOWN, OLD FELLOW, EASY DOES IT" ASK YOUR HIGHER POWER FOR CALMNESS AND A SERENE FEELING. ALLOW YOURSELF A MINUTE TO GET IT AND YOU WILL BE SURPRISED WITH THE CALMNESS THAT WILL COME OVER YOU. TRY TO PRACTICE THIS EVERY TIME YOU GET FRUSTRATED.

KEY #4A

RELAXATION OF MIND AND BODY AND SURRENDER OF OUR WILL TO GOD ARE UNDOUBTEDLY NECESSARY BEFORE SATISFACTORY PRAYER AND MEDITATION ARE ENGAGED IN.

KEY #5

TRY THIS RELAXATION EXERCISE FOR ONE MONTH. MOST PEOPLE FIND THAT AFTER ONE MONTH THEY LOOK FORWARD TO IT AS A DAILY ROUTINE. THEY FIND THAT THE BENEFITS ARE SO GREAT.

KEY #5A

WE ATTEMPT TO SUSPEND MOMENTARILY ALL MENTAL AND PHYSICAL ACTIVITIES. WE TRY TO RELAX OUR ENTIRE BODIES, THEN WE CLOSE OUR MINDS TO THE WORRIES AND ANXIETIES ABOUT US. WHAT DO WE THINK ABOUT? STILLNESS, WE LET GO OUR CARES AND TURN TO GOD WITH THIS SIMPLE PRAYER "THY WILL BE DONE, NOT MY WILL".

HOW LONG DO WE CONTINUE THIS? BE YOUR OWN JUDGE. IT CAN BE ONLY A MATTER OF MINUTES IF NECESSARY. WE DO KNOW, HOWEVER, FROM OUR COLLECTIVE EXPERIENCE THAT EVEN THIRTY SECONDS OF COMPLETE RELAXATION OF MIND AND BODY WILL DO THE TRICK. IT IS VERY SIMPLE. TRY IT.

GROUP READS 12X12 STEP 11 TO END OF PAGE 101

COMMITMENT:

WILL YOU TRY SOME MEDITATION AND UNSELFISH PRAYER (PRAY FOR SOMEONE ELSE) THIS WEEK?

WILL YOU TRY THE RELAXATION EXERCISE FOR THE NEXT SEVEN DAYS?

TRY TO GET A YES ANSWER.

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

HOME STUDY:

BIG BOOK - START AT 2ND PARAGRAPH OF PAGE 60 TO THE END OF FIRST PARAGRAPH ON PAGE 63 ALSO END PARAGRAPH ON PAGE 85 TO THE END OF THE CHAPTER, THEN BOTTOM OF PAGE 100 TO END OF CHAPTER.

12X12 - STEP 11 TO END OF PAGE 101 & STEP 3