

Week Eleven

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 EIGHT AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP NINE

ASK EACH MEMBER IF HE MADE HIS STEP EIGHT LIST?

MOST MEMBERS WILL HAVE STARTED. SOME COMPLETED, SOME WILL HAVE HELD BACK. ASK THESE TO TRY THIS WEEK.

STEP 9 CALLS FOR DISCREET AND DIRECT ACTION. WE SWALLOW OUR PRIDE. EVEN IF WE ARE NOT COMPLETELY WILLING, THE ACTION ALONE WILL BE OF GREAT VALUE TO US.

ALTHOUGH THIS STEP CAN BE SPREAD OVER A PERIOD OF TIME, IT IS STRONGLY RECOMMENDED THAT **AT LEAST ONE AMEND BE CARRIED OUT THE FIRST WEEK.** TO PROGRESS ON STEP NINE ONE MUST GET STARTED AT ONCE.

OTHERWISE, PROCRASTINATION WILL SET IN AND THE STEP WILL NEVER BE STARTED AND THUS THE GREAT SPIRITUAL AND PRACTICAL VALUE THIS STEP AFFORDS WILL BE LOST!

KEY #1

LET US NOT PROCRASTINATE. LET US GET STARTED THIS WEEK.

KEY #1A

WE FIND PROCRASTINATION A HINDRANCE TO SOME MEMBERS.

KEY #2

LET US NOT GO ABOUT OUR AMENDS WITH RECKLESS ABANDON. WE PLAN OUR APPROACH AND THIS WILL GIVE US POISE, CALMNESS AND SERENITY.

KEY #2A

PROCRASTINATION SHOULD BE AVOIDED. ON THE OTHER HAND, THERE ARE THOSE WHO ARE TOO AMBITIOUS TO REBUILD, WANTING TO GET THE WHOLE THING OVER WITH AT ONCE.

KEY #3

NEGATIVE PRIDE CAN HINDER US SO WE WILL TRY OUR VERY BEST TO SWALLOW IT GRACEFULLY IN CARRYING OUT EACH AMEND.

KEY #3A

PRIDE IS ANOTHER BARRIER.

KEY #4

ASK OUR HIGHER POWER FOR COURAGE. THIS WILL GIVE US CONFIDENCE AND POISE. REMEMBER WE ARE THE ONES WHO GAIN MOST. AFTER A GOOD AMEND, WE CAN LOOK THE OTHER PERSON IN THE EYE. THIS GIVES US FREEDOM FROM OURSELVES.

KEY #4A

MEDITATION AND PRAYER ARE NECESSARY IN ORDER TO MAKE AMENDS. NO AMEND SHOULD BE MADE THAT IS NOT PRECEDED BY PRAYER AS IT WILL LACK COMPLETE PURPOSE AND EFFECTIVENESS. CONSCIOUS CONTACT WITH GOD IN THE MATTER OF MAKING AMENDS

WILL NOT ONLY BRING ABOUT A MORE SATISFACTORY RESULT, YOU WILL BE MORE CALM AND COMFORTABLE.

KEY #5

DISCRETION IS SOMETHING TO CONCENTRATE ON. IF THERE IS ANY DOUBT AS TO MAKING MATTERS WORSE BY MAKING AN AMEND, LET US FOREGO IT.

KEY #5A

DISCRETION IN THIS CONNECTION IS IMPERATIVE.

KEY #6

THIS STEP HAS GREAT VALUE IN REGAINING OUR SELF-RESPECT. REMEMBER THIS, IN MOST CASES WE HAVE LOST IT. THIS IS OUR OPPORTUNITY TO GAIN BACK SOME SELF-RESPECT.

KEY #6A

HAVING RECOVERED THEIR SELF-RESPECT, THEY HAVE TAKEN ON COURAGE AND CONFIDENCE, AND THEY HAVE ASSUMED RESPONSIBILITY.

KEY #7

THIS STEP IS A BOLD MOVE ON OUR PART TO GAIN MORE HUMILITY AND A MORE POSITIVE ATTITUDE.

KEY #7A

WE CAN HARDLY OVERESTIMATE THE IMPORTANCE OF "MAKING AMENDS." MOST OF US UNDERESTIMATE ITS POWER TO CHANGE OUR ATTITUDE TOWARD GOD, OUR FELLOW MAN, AND THE EVERYDAY CIRCUMSTANCES OF SOBER LIVING.

KEY #8

REMEMBER, WE ARE ONLY DOING WHAT WE WOULD EXPECT OTHERS TO DO TO US. LET US FORGIVE OUR TRESPASSERS AS WE WOULD HAVE OUR TRESPASSERS FORGIVE US.

KEY #8A

WHAT WE EXPECT FROM OTHERS, SHOULD PROMPT US TO RESPOND WITH TOLERANCE, FORGIVENESS AND AMENDS. A.A. TEACHES US THAT TO "LIVE AND LET LIVE" IS TO SAFEGUARD OUR SOBRIETY.

KEY #9

LET US GET STARTED NOW WE CAN LOOK ON THIS STEP AS AN EXERCISE IN REMOVING HATE AND RESENTMENT.

KEY #9A

WE CANNOT HATE AND MAKE AMENDS AT THE SAME TIME.

GROUP READS 12X12 STEP 9

COMMITMENT:

ASK EACH MEMBER: "WILL YOU GET STARTED AND MAKE ONE AMEND THIS WEEK?"

"WILL YOU PRAY BEFORE MAKING EACH AMENDS?"

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

HOME STUDY:

BIG BOOK - CHAPTER 11 - A VISION FOR YOU

12X12 - STEP 9