

Week Seven

REVIEW STEP 4 - 2ND MEETING 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 FIVE

THE FIRST QUESTION THE CHAIRMAN SHOULD ASK IS WHETHER OR NOT EACH MEMBER DID STEP 4?

STEP 4 REVIEW DISCUSSIONS:

IS IT WRITTEN OUT? WHAT GAVE YOU TROUBLE? WHAT PART WAS EASY? HOW DO YOU FEEL NOW?

STEP 5

IN STEP 5, ADMITTING TO GOD AND OURSELVES IS NOT TOO DIFFICULT. HOWEVER, ADMITTING TO ANOTHER PERSON IS DIFFICULT.

WE HAVE FOUND THAT AFTER THE NEWCOMER HAD COMPLETED STEP 4 THEY ARE READY FOR STEP 5 AND IN MANY CASES ARE READY TO PLUNGE INTO IT. THIS IS GOOD FOR IF WE HAVE COMPLETED THE FIRST FOUR STEPS WE KNOW WHAT WE LOOK LIKE AND WHAT OUR DEFECTS ARE.

SO IN STEP FIVE, WE START TO DO SOMETHING ABOUT OURSELVES. WE DISCUSS OUR PROBLEMS WITH ANOTHER HUMAN BEING. MANY MEMBERS TAKE THEIR INVENTORY WITH THEM FOR REFERENCE WHEN THEY DO THEIR STEP FIVE.

THE STEP SAYS THE NATURE OF OUR WRONGS OR DEFECTS, NOT NECESSARILY DETAILS. THAT IS, "I HATE PEOPLE", BUT ONE DOES NOT NEED TO DISCLOSE THE NAMES OF THE PEOPLE THEY HATE.

KEY #1

SOME WILL SAY THIS IS NOT NECESSARY FOR THEM, HOWEVER, IT IS A VERY IMPORTANT STEP AND IF THEY WANT TO BE SUCCESSFUL IN THE PROGRAM IT IS A MUST. WE ARE SERACHING FOR PEACE OF MIND.

KEY #1A

OUR ALCOHOLIC RATIONALIZATION BALKS AT THIS HONEST PROCEDURE, DISCOUNTING THE NEED OF ADMITTING ANYTHING TO ANOTHER HUMAN BEING.

KEY #2

ONCE AGAIN TO GAIN HUMILITY WE MUST STOP BEING SELF CENTERED.

KEY #2A

THE HUMILITY THIS STEP BRINGS TO US IS NECESSARY TO OUR FUTURE WELFARE.

KEY #3

REMEMBER OUR GREATEST ENEMY IN REBELLION AGAINST THIS STEP IS OUR SELF CENTERED PRIDE.

KEY #3A

WE ARE AT ALL TIMES BEING UNCONSCIOUSLY DOMINATED BY OUR OLD THOUGHTS. THESE CAN BE BUT MOMENTARY THOUGHTS OF REBELLION.

KEY #4

WE STRONGLY RECOMMEND A MAN OF THE CLOTH FOR YOUR SETP 5. OUR EXPERIENCE IS THAT THEY ARE THE EASIEST TO SEE AND THE MOST INTERESTED IN WHAT THE MEMBER IS TRYING TO DO.

KEY #4A

FOR THIS REASON THE CLERGYMAN IS PREFERRED BECAUSE HE HAS DEDICATED HIS LIFE TO THE SERVICE OF GOD AND HIS FELLOW MAN.

KEY #5

THE CHAIRMAN HAS TO EXERT INFLUENCE TO HAVE THE MEMBERS DO STEP FIVE THE FOLLOWING WEEK, PARTICULARLY THOSE WHO HAVE COMPLETED STEP FOUR. THEY CANNOT REALLY GO ON WITH THE PROGRAM UNTIL STEP FIVE IS OUT OF THE WAY. ACTUALLY, IF THEY HAVE COMPLETED THE FIRST FOUR STEPS IN SEQUENCE, THEY ARE READY. FOR THEM TO POSTPONE IT NOW MEANS THEY CANNOT GET THE SIGNIFICANCE OF THE NEXT SEVEN STEPS TO COME.

USUALLY IN A CLASS THERE ARE TWO OR THREE THAT ARE READY AND HAVE THEIR MINDS MADE UP TO TAKE IT. IF THE CHAIRMAN ASKS THEM FIRST IT HAS AN IMPACT ON THE REST OF THE CLASS. THE CHAIRMAN SHOULD HAVE THE NAMES OF TWO OR THREE CLERGYMEN OF VARIOUS DENOMINATIONS IN CASE THERE IS SOME MEMBER WHO SAYS, "I CAN'T FIND ANYONE TO TAKE IT WITH". IN MANY INSTANCES, THE CHAIRMAN ACTUALLY MAKES APPOINTMENTS FOR MEMBERS OF HIS CLASS. ANY METHOD THE CHAIRMAN CAN COME UP WITH SHOULD BE USED. THIS IS THE STEP THAT SEPARATES THE MEN FROM THE BOYS.

KEY #5A

TO POSTPONE TAKING IT IS INCONSISTENT WITH OUR PLAN OF RECOVERY. IF IN DOUBT ABOUT WHEN TO TAKE STEP FIVE TAKE IT IMMEDIATELY. IT IS FAR BETTER TO TAKE IT BEFORE WE THINK WE ARE READY THAN TO POSTPONE IT AND THEN NOT TAKE IT AT ALL. MANY MEMBERS WITH YEARS OF SOBRIETY IN A.A. FIND THAT TAKING STEP FIVE FROM TIME TO TIME HELPS THEM TO MAINTAIN THEIR CONTENTED SOBRIETY.

KEY #6

THE MEMBER WHO DRAGS HIS FEET ON THIS STEP MAY SHOW A LACK OF SINCERITY AND THIS USUALLY SUGGESTS HE IS TOO SELF-CENTERED. IT TAKES GREAT COURAGE TO TAKE THIS STEP AND COURAGE IS WHAT WE ARE TRYING TO DEVELOP.

KEY #6A

THIS STEP IS A DIRECT CHALLENGE TO OUR SINCERITY, INASMUCH AS WE HAVE BEEN PROMISED HUMILITY, A SPIRITUAL EXPERIENCE AND LOSS OF FEAR WHEN WE HAVE TALKED OVER OUR DEFECTS WITH A THIRD PERSON.

KEY #7

IF WE HAVE FOLLOWED THE INSTRUCTIONS AND HAVE DONE EACH STEP AS OUTLINED, WE NOW HAVE A SOLID FOUNDATION SO FAR.

KEY #7A

IS OUR WORK SOLID SO FAR? ARE THE FOUNDATION STONES PROPERLY IN PLACE? HAVE WE BEEN GENEROUS WITH THE CEMENT WE PUT INTO THE FOUNDATION? HAVE WE MADE MORTAR PROPERLY WITH THE RIGHT AMOUNT OF SAND? IF WE CAN ANSWER AFFIRMATIVELY TO OUR SATISFACTION, THEN WE CAN THEN LOOK TO STEP SIX AS SOON AS WE COMPLETE OUR STEP FIVE.

GROUP READS 12X12 STEP 5

COMMITMENT

THE CHAIRMAN SHOULD ASK EACH MEMBER "WILL YOU SCHEDULE YOUR STEP FIVE NEXT WEEK? WHO WILL YOU SCHEDULE IT WITH?"

SOME WILL HOLD BACK BUT MAYBE THEY WILL COME THROUGH THE NEXT WEEK BY COMPLETING STEP 5.

YOU ARE NOW READY FOR STEP 5

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

HOME STUDY:

BIG BOOK - CHAPTER 6 TO PAGE 75

12X12 - STEP 5

DO STEP FIVE WITH GOD AND ANOTHER PERSON