

Week One

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.

INTRODUCTION

THE NOVALCO METHOD FOR THE 12 STEPS OF A.A. IS BASICALLY FOR NEW MEMBERS, ALTHOUGH ANY MEMBER CAN BENEFIT FROM THIS METHOD. SOME OLDER MEMBERS WHO HAVE NEVER DONE THE STEPS IN SEQUENCE FIND IT INTERESTING AND EXCITING.

THE CHAIRMAN SHOULD EXPLAIN THE MOTTOS AND TOOLS OF A.A.

READ HOW IT WORKS FROM THE BOOK "ALCOHOLICS ANONYMOUS."

EXPLAIN IN GENERAL INFORMATION ABOUT A.A. AND THINGS YOU THINK A NEW MEMBER SHOULD KNOW.

KEY #1

EXPLAIN THE ILLNESS OF ALCOHOLISM AND ITS THREE FOLD POINTS.

KEY #1A

WE ARE PHYSICALLY, MENTALLY AND SPIRITUALLY ILL.

KEY #2

EXPLAIN THAT SIMPLICITY IS A KEY NOTE OF OUR PROGRAM. TRY TO GET THIS MESSAGE - THE ADVANTAGE OF A SIMPLE RECOVERY PROGRAM, THAT TO COMPLICATE IT WILL IMPEDE PROGRESS. SHARE SOME OF THE REASONS THAT YOU HAVE SEEN THAT A NEW MEMBER HOLDS HIMSELF BACK FOR A FULL COMMITMENT.

KEY #2A

THE A.A. PROGRAM BY WHICH WE EFFECT OUR RECOVERY IS SIMPLE. ACTUALLY, IT NEEDS LITTLE INTERPRETATION IN ITSELF. IT WILL WORK IF WE LIVE IT. THE BARRIERS TO SUCCESS ARE IGNORANCE OF OUR ILLNESS, RESERVATIONS, INDIFFERENCE, DISHONESTY AND BRAIN DAMAGE.

KEY #3

EXPLAIN HOW THE TWELVE STEPS, FELLOWSHIP MOTTOES, ETC. CAN BE DESCRIBED AS A "DESIGN FOR LIVING" AND ALSO THAT THIS "DESIGN FOR LIVING HAS A SPIRITUAL BASE BUT IT IS NOT RELIGION.

KEY #3A

A.A. IS NOT A RELIGION. IT IS NOT ACCOUNTABLE TO ORGANIZED RELIGION, MEDICINE, OR PSYCHOLOGY. IT HAS, HOWEVER, DRAWN THERAPEUTIC VIRTUES FROM THEM ALL, MOULDING THEM INTO A "DESIGN FOR LIVING" BY WHICH WE LIVE IN CONTENTED SOBRIETY AND WE ARE RESTORED TO SERVICE AND RESPECT IN SOCIETY.

KEY #4

EXPLAIN HOW WE HAVE TO LEARN TO BE HONEST WITH OURSELVES TO EFFECT A RECOVERY. THIS HONESTY WILL COME IF WE LEARN ABOUT OURSELVES AND TRY SELF HONESTY.

KEY #4A

STRINGENT SELF-HONESTY IS AN ABSOLUTE REQUIREMENT OF REHABILITATION. AN URGENT DESIRE TO GET WELL AND BELIEF IN A POWER GREATER THAN OURSELF IS ALSO ESSENTIAL.

KEY #5

EXPLAIN HOW OUR AIM IS NOT ONLY SOBRIETY, BUT A CONTENTED LIFE OF SOBRIETY.

KEY #5A

DAILY SOBRIETY IS THE SIMPLE AIM OF A.A. BUT PLAIN SOBRIETY IS NOT ENOUGH. WE MUST ACQUIRE HONESTY, HUMILITY, APPRECIATION AND WE MUST KILL SELF-CENTEREDNESS TO KEEP SOBER.

KEY #6

EXPLAIN THE VALUE OF DOING THE STEPS IN SEQUENCE AND HOW IMPORTANT IT IS TO OUR RECOVERY.

KEY #6A

THE TWELVE STEPS ARE NOT A HIT AND MISS PROGRAM. WE SHOULD NOT TREAT THEM SO. THEY MAY BE OUR LAST PORT OF CALL.

KEY #7

GIVE THE CLASS A SHORT HISTORY OF THE BIG BOOK AND THE IMPORTANCE IT HAS TO OUR PROGRAM. DISCUSS THE NECESSITY TO READ IT AND STUDY IT.

KEY #7A

FOR THOSE WHO ARE WILLING TO ACCEPT THE A.A. PROGRAM AS A MEANS OF RECOVERY FROM ALCOHOLISM, WE RECOMMEND A CLOSE STUDY OF THE BOOK, "ALCOHOLICS ANONYMOUS". STUDY IT REPEATEDLY.

KEY #8

EXPLAIN HOW ALL SUCCESSFUL MEMBERS HAVE ONE THING IN COMMON, AND THAT IS THEY ARE TRYERS. THERE IS NO SUCH THING IN ALCOHOLICS ANONYMOUS AS A FAILURE. THERE ARE JUST PEOPLE WHO QUIT TRYING. ASK YOUR NEW CLASS NOW TO DECIDE NOW TO GIVE THE PROGRAM AN HONEST EFFORT. IF THEY DO NOT, THEY ARE SHORT CHANGING THEMSELVES. THERE ARE TWO TYPES OF EDUCATION FOR A PERSON, "EDUCATION FOR LIVING" AND "EDUCATION FOR MAKING A LIVING" FOR PEOPLE LIKE US, THE TWELVE STEPS ARE OUR "EDUCATION FOR LIVING".

KEY #8A

WE ARE NOT DISTURBED BY THE REALIZATION THAT STRICT ADHERENCE TO THIS PROGRAM DEMANDS PERFECTION. WE KNOW PERFECTION IS IMPOSSIBLE. WE MERELY STRIVE TOWARD PERFECTING OURSELVES, IN A WAY OF LIFE THAT IS NECESSARY TO BRING CONTENTED SOBRIETY, HEALTH, AND SANE BEHAVIOR TO ALCOHOLICS WHO WISH TO RECOVER FROM THE FATAL AND INCURABLE ILLNESS OF ALCOHOLISM.

TOGETHER THE GROUP READS PREFACE & FORWARDS 1, 2 & 3 OF THE BIG BOOK & THE FORWARD TO THE 12X12.

CHAIRMAN, ASK FOR A COMMITMENT IN THIS INTRODUCTION CLASS - ASK EACH MEMBER IF HE IS PREPARED TO GIVE THE TWELVE STEPS A REAL EFFORT - FOR ALL 18 MEETINGS.

IF SO, YOU ARE NOW READY TO PROCEED TO STEP ONE.

HOME STUDY:

PREFACE & FORWARDS 1, 2 & 3 OF THE BIG BOOK & THE FORWARD TO THE 12X12

Week	Description	Week	Description
1	Introduction	10	Step 8
2	Step 1	11	Step 9
3	Step 2	12	Step 10
4	Step 3	13	Step 11 - Part 1
5	Step 4 - Part 1	14	Step 11 - Part 2
6	Step 4 - Part 2	15	Step 11 - Part 3
7	Step 5	16	Step 12 - Part 1
8	Step 6	17	Step 12 - Part 2
9	Step 7	18	Step 12 - Part 3