

Week Three

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 1 AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP TWO

STEP 2 HAS THREE IMPORTANT PARTS:

FIRST, REQUIRES A BELIEF IN A HIGHER POWER. SECOND, THE A.A. MEANING OF SANITY. THIRD, A BELIEF THAT HIGHER POWER CAN HELP TO CHANGE A PERSON'S THINKING.

ACTUALLY THE MEMBER USUALLY DOES NOT HAVE TOO MUCH TROUBLE BELIEVING IN A HIGHER POWER. HOWEVER, THE SANITY PART SHAKES HIM. ALTHOUGH, WHEN THE CHAIRMAN EXPLAINS; "THAT IT IS REALLY ONLY NEGATIVE THINKING", THEY ARE RELIEVED. ANOTHER EXPLANATION IS "INSANE THINKING" EITHER DRINKING OR SOBER.

KEY #1

INSANITY HERE DOES NOT MEAN CLIMBING THE WALLS, BUT CERTAINLY MEANS WRONG AND NEGATIVE THINKING.

KEY #1A

RECOVERY IS POSSIBLE FOR ALCOHOLICS WHO HONESTLY WANT TO STOP DRINKING. PROGRESS IS LIMITED ONLY BY OUR CONSCIOUS NEED AND DESIRE FOR HELP.

KEY #2

RESERVATIONS HOLD A PERSON BACK FROM GIVING THE PROGRAM AN HONEST TRY. NOT FACING THE TRUTH WITH ONESELF DISTORTS THINKING. IN REALITY WE ARE TELLING OURSELVES LIES.

KEY #2A

IN TWELVE SIMPLE STEPS THEY OUTLINED A "WAY OF LIFE" FOR DAILY PRACTICE THAT RESTORED THEM TO PHYSICAL HEALTH AND CONTENTED SOBRIETY. DAILY PRACTICE WAS THE KEY TO THEIR SUCCESS.

KEY #3

OUR HIGHER POWER GIVES US NEW POWER TO CHANGE OUR PERSONALITIES AND STRAIGHTEN OUR THINKING.

KEY #3A

A MARKED PERSONALITY CHANGE, INFLUENCED CHIEFLY BY NEGATIVE THINKING, IS WHAT DRIVES THE ALCOHOLIC TO HEAVIER DRINKING.

KEY #4

MANY OF US CHOOSE SUCH THINGS AS "THE POWER OF GOOD", "THE SUN", "THE GROUP", "THE SPIRIT OF LOVE". THIS IS FINE PROVIDING WE FEEL THAT IT CAN HELP US.

KEY #4A

THERE IS NO SHORT CUT, NO SUBSTITUTES NO OTHER WAY OUT FOR THE ALCOHOLIC.

KEY #5

FAITH IN THE PROGRAM AND OUR HIGHER POWER GIVES US HOPE THAT WE CAN FIND THIS "NEW WAY OF LIVING" WE MUST DEVELOP IT.

KEY #5A

HIS FUTURE SECURITY DEPENDS ON THE SUCCESSFUL ATTAINMENT OF A.A. AS A "WAY OF LIFE"

KEY #6

THE WORD SANITY IS PUT IN THE STEP TO JAR US INTO THE TRUTH. IT WILL MAKE US THINK "AM I INSANE?" "NO, NOT ME". THEN "I THINK MAYBE I AM".

KEY #6A

REFLECT UPON YOUR POWERLESSNESS OVER THIS SICKNESS.

KEY #7

POINT OUT THIS COULD BE OUR LAST PORT OF CALL IF WE DON'T PUT THE EFFORT INTO IT. ASK THEM TO MAKE UP THEIR MINDS TO GIVE THE PROGRAM A REAL TRY AND GIVE THE STEPS A REAL EFFORT BY DOING EACH AND EVERY ONE IN SEQUENCE.

KEY #7A

ADMIT THAT YOU "CAN'T TAKE IT". CONSIDER YOUR INABILITY TO "TAKE IT OR LEAVE IT ALONE." REMEMBER THAT YOUR INABILITY TO LEAVE IT ALONE IN THE FACE OF IMPENDING DISASTER IF YOU TAKE IT DEFINATELY MARKS YOU AS AN ALCOHOLIC.

KEY #8

THE KNOWLEDGE AND EXPERIENCE OF THE OLDER MEMBERS PROVES TO US THAT OUR HIGHER POWER CAN RESTORE US TO STRAIGHT THINKING AND POSITIVE ACTION. WHY? THE MEMBER WILL SEE THIS UNFOLD IN THE REMAINDER OF THE STEPS AS HE DOES THEM. THERE IS NO MYSTERY.

KEY #8A

THERE IS NO MYSTERY ABOUT IT.

KEY #9

PROGRESSIVE DRINKING BREEDS A FEELING OF SUPERIOR ATTITUDE WHICH IS REALLY FALSE SECURITY.

KEY #9A

THE FIRST STEP OF RECOVERY IS TO RECOGNIZE OUR ALCOHOLISM AND ADMIT OUR PHYSICAL ILLNESS.

KEY #10

SANITY, SECURITY, PEACE OF MIND IS OURS IF WE WILL WORK FOR IT. THE PROGRAM CAN GUARANTEE THIS IF ONE FOLLOWS INSTRUCTIONS AND DOES WHAT IS ASKED OF HIM, SANE USEFUL HAPPY LIVES - WHAT ELSE CAN WE ASK FOR?

KEY #10A

BELIEVE WE CAN RECOVER THROUGH DAILY PRACTICE OF OUR A.A. PROGRAM.

KEY #11

WE MUST STRIVE TO REPLACE SELF-CENTEREDNESS WITH HUMILITY. THE STEPS WILL DO THIS FOR US IF WE DO THEM PROPERLY. LET US RENEW OUR DESIRE HERE, RIGHT NOW, TO GIVE THE PROGRAM OUR VERY BEST.

KEY #11A

WE LIVE THE A.A. PROGRAM TO DEVELOP NORMAL, WELL-INTEGRATED PERSONALITIES THAT EXCLUDE THE USE OF THE NARCOTIC ALCOHOL. USE OF OTHER DRUGS WILL PREVENT THIS CHANGE IN PERSONALITY.

GROUP READS STEP 2 FROM THE 12X12

NOW THE COMMITMENT

ASK EACH MEMBER

- A) DO YOU HAVE A HIGHER POWER?
- B) DO YOU HAVE INSANE THINKING (A.A. MEANING)?
- C) DO YOU THINK YOUR HIGHER POWER CAN HELP TO
CHANGE YOUR THINKING?

THIS WILL CREATE A QUESTION PERIOD WHICH IS A
GOOD EXERCISE.

AFTER THESE COMMITMENTS, YOU THEN ARE READY
FOR STEP 3.

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

HOME STUDY:

BIG BOOK

- CHAPTER 2 - THERE IS A SOLUTION
- CHAPTER 3 - MORE ABOUT ALCOHOLISM

12X12 - STEP 2