

Week Two

REVIEW AND REAFFIRM COMMITMENT - 1 MEETINGS

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 ONE

THE CHAIRMAN READS STEP ONE FROM THE RED BOOK HE PAUSES OR STOPS AT THE SIGNIFICANT PARTS THAT ARE UNDERLINED. AT THESE UNDERLINED SENTENCES, HE DISCUSSES WITH THE GROUP, THE SIGNIFICANCE OF THE SENTENCE AND SOMETIMES ASKS VARIOUS MEMBERS IF THEY UNDERSTAND THE EMPHASIS IN THIS STEP - WHICH IS ADMITTING THAT WE ARE POWERLESS OVER ALCOHOL AND ADMITTING THAT OUR LIVES ARE UNMANAGEABLE?

KEY #1

RECOVERY IS POSSIBLE; PROGRESS IS LIMITED ONLY BY OUR OWN INHIBITIONS OR LACK OF DESIRE.

KEY #2

TWELVE SIMPLE STEPS OUTLINE A PATTERN FOR LIVING A CONTENTED SOBER LIFE. DAILY PRACTICE IS THE KEY TO SUCCESS.

KEY #3

AN ALCOHOLIC HAS A NEGATIVE PERSONALITY WHICH RESULTS IN HEAVIER DRINKING.

KEY #4

THERE IS NO SHORT CUT OR EASY WAY FOR THE ALCOHOLIC.

KEY #5

HIS OWN FUTURE SECURITY DEPENDS ON THE SUCCESSFUL ATTAINMENT OF THE A.A. PATTERN OF LIVING.

KEY #6

ASK THE MEMBER TO REFLECT UPON HIS POWERLESSNESS OVER HIS ILLNESS.

KEY #7

ASK THE MEMBER TO ADMIT THAT HE/SHE CAN'T TAKE ALCOHOL SAFELY.

KEY #8

EXPLAIN THAT THERE IS NO MYSTERY ABOUT A.A. IT IS A PLANNED STEP BY STEP SYSTEM TO RECOVERY, PROVIDING INSTRUCTIONS ARE FOLLOWED. EXPLAIN THAT THE ONLY THING THAT WILL STOP THE NEW MEMBER FROM DOING THE EXERCISES OR STEPS IS PRIDE.

GROUP READS FROM 12X12 - STEP 1

REALIZE IT NOW!

IT IS NECESSARY FOR THE CHAIRMAN TO ASK EACH NEW MEMBER SEPARATELY IN FRONT OF THE CLASS, "DO YOU ADMIT THAT YOU ARE POWERLESS OVER ALCOHOL?" AND THEN ALSO ASK "IS YOUR PERSONAL LIFE UNMANAGEABLE"? THIS IS VERY IMPORTANT AS THE STEPS ARE DESIGNED TO KNOCK THE SELF-CENTEREDNESS OUT OF MEMBERS. THE CHAIRMAN, TO BE SUCCESSFUL WITH HIS CLASS, MUST GET THIS COMMITMENT, OTHERWISE, THE CLASS WILL NOT HAVE COMPLETED STEP ONE.

THE CHAIRMAN SHOULD EXPLAIN THE AIDS A.A. HAS FOR NOT TAKING A DRINK AND ASK THE MEMBER TO STAY SOBER ONE DAY AT A TIME OR FOR TWENTY FOUR HOUR PERIODS.

WHEN THE CHAIRMAN HAS A COMMITMENT OUT OF HIS CLASS, HE IS THEN READY TO PROCEED WITH STEP TWO.

ASK MEMBERS TO READ A STORY IN THE BIG BOOK THIS WEEK IN ADDITION TO THE HOME STUDY.

A.A. AIDS; BOOKS & LITERATURE; A.A. SPONSOR; PRAYER; TELEPHONE; ALANO CLUB; A.A. MEETINGS; HIGHER POWER

HOME STUDY:

BIG BOOK - CHAPTER 1 - BILLS STORY
- THE DOCTORS OPINION

12X12 - STEP ONE