

Week Eight

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 5 AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP SIX

THE FIRST THING THE CHAIRMAN DOES IN THIS STEP CLASS IS TO ASK EACH ONE OF THE MEMBERS IF THEY HAVE DONE STEP 5.

IF SOME HAVE NOT DONE IT, THEY WILL HAVE AN EXCUSE AND SAY WHEN IT WILL BE DONE.

REVIEW STEP 5:

IT IS A GOOD IDEA TO HAVE EACH MEMBER WHO HAS DONE IT TO RELATE HIS EXPERIENCE AND HOW HE FELT AFTERWARD. THIS ALWAYS HELPS TO ENCOURAGE THE ONES WHO HAVEN'T DONE IT, AS NO ONE WANTS TO BE LEFT BEHIND. GENERALLY SPEAKING, 80% OF THE CLASS WILL DO IT THE FIRST WEEK, THE BALANCE WITHIN THE NEXT WEEKS.

COMMITMENT:

WILL YOU DO YOU STEP FIVE THIS WEEK?

STEP 6

THE IMPORTANT PARTS OF STEP 6 IS HAVING THE WILLINGNESS TO HAVE OUR HIGHER POWER REMOVE ALL OUR DEFECTS OF CHARACTER. MANY OF US WANT TO KEEP SOME OF OUR DEFECTS. MOST OF US, HOWEVER, DO AT LEAST WANT TO REMOVE DISHONESTY WITH OURSELVES. WHEN SELF DECEPTION IS OVERCOME, IT AUTOMATICALLY REMOVES MANY OTHER ROADBLOCKS.

STEP SIX ONLY ASKS THAT WE BE WILLING.

KEY #1

WE MUSTER OUR WILLINGNESS WITHOUT RESERVATION.
LET US NOT BE AFRAID TO BECOME TOO GOOD TO
FAST.

KEY #1A

OUR HIGHER POWER'S HELP, AND OUR OWN
WILLINGNESS TO BE FREED FROM OLD WILLFUL
THOUGHTS AND HABITS ARE ESSENTIAL TO SUCCESSFUL
ATTAINMENT OF THESE STEPS.

KEY #2

OUR WILLINGNESS TO KEEP TRYING TO SUPPRESS
SELF-CENTEREDNESS AND GAINING HUMILITY.

KEY #2A

HAVING A WILLINGNESS TO WORK OUT A PLAN FOR THE
SUPPRESSION OF SELF-CENTEREDNESS THROUGH FAITH
AND A CONSCIOUS CONTACT WITH GOD AS YOU
UNDERSTAND HIM/HER/IT.

GROUP READS 12X12 STEP 6

COMMITTMENT

THE CHAIRMAN SHOULD ASK EACH MEMBER IF "ARE YOU
WILLING, ARE YOU READY TO LET GO OF ALL YOUR
DEFECTS OF CHARACTER?" YOU JUST NEED TO BE
WILLING AND READY (ENTIRELY?).

TRY TO GET A YES.

THIS WEEK SPEND YOUR TIME THINKING ABOUT
BEGINNING READY OR BECOMING READY, ENTIRELY
READY. LOOK AT THE DEFECTS THAT YOU ARE NOT
READY TO LET GO OF YET AND SEE IF YOU CAN
BECOME ENTIRELY READY TO LET GO OF ALL OF YOUR
OTHER DEFECTS OF CHARACTER. REMEMBER, YOU ONLY
HAVE TO BECOME ENTIRELY READY.

IF YOU ARE ENTIRELY READY THEN YOU ARE READY TO
PROCEED TO STEP 7!

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

HOME STUDY:

BIG BOOK - CHAPTER 8 TO WIVES

12X12 - STEP 6