

Foundation Meeting Back To The Basics

Introduction: This Meeting is designed to provide a very clear and direct description of the disease of alcoholism and the solution as outlined by our founders, in our basic text, the book *Alcoholics Anonymous*.

Chapter 5, More About Alcoholism.

Pg 30 - *“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.”*

- Before I can admit I'm an alcoholic, I need to know what that means.

What isn't alcoholism...

Alcoholism does not mean...

- I drink every day, all the time, or that I drink more than anyone else.
- I'm weak willed or I have an addictive personality.
- I'm homeless, I've been to jail, I've had a DUI, I'm divorced, or I've lost everything.

Chapter 5, More About Alcoholism

Pg 30 – *“We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times we were regaining control, but such intervals – usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.”*

The Doctor's Opinion

Pg xxviii - *“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker.”*

The Doctor's Opinion

Pg xxx – *“All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence.”*

Chapter 2, There Is A Solution

Pg 22 - *“We know that while the alcoholic keeps away from drink, as he may do for months or years, he reacts much like other men. We are equally positive that once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop. The experience of any alcoholic will abundantly confirm this.”*

Chapter 2, There Is A Solution

Pg 23 – *“These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind rather than in his body.”*

Chapter 2, There Is A Solution

Pg 24 – *"At a certain point in the drinking of every drunk, he passes into a state where the most powerful desire to stop drinking is of absolutely no avail and this tragic situation has already arrived in practically every case long before it is suspected."*

Chapter 2, There Is A Solution

Pg 24 – *“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called willpower becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”*

Chapter 3, More About Alcoholism

Pg 30 – *“The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.”*

Pg 37 – *“Whatever the precise definition of the word may be, we call this plain insanity. How can such a lack of proportion of the ability to think straight, be called anything else?”*

- We always take the first drink sober expecting different results.

Chapter 4, We Agnostics

Pg 52 – *“We were having trouble with personal relationships, we couldn’t control our emotional natures, we were prey to misery and depression, we couldn’t make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn’t seem to be of real help to other people.”*

- The spiritual malady of a sober alcoholic.

The Doctor's Opinion

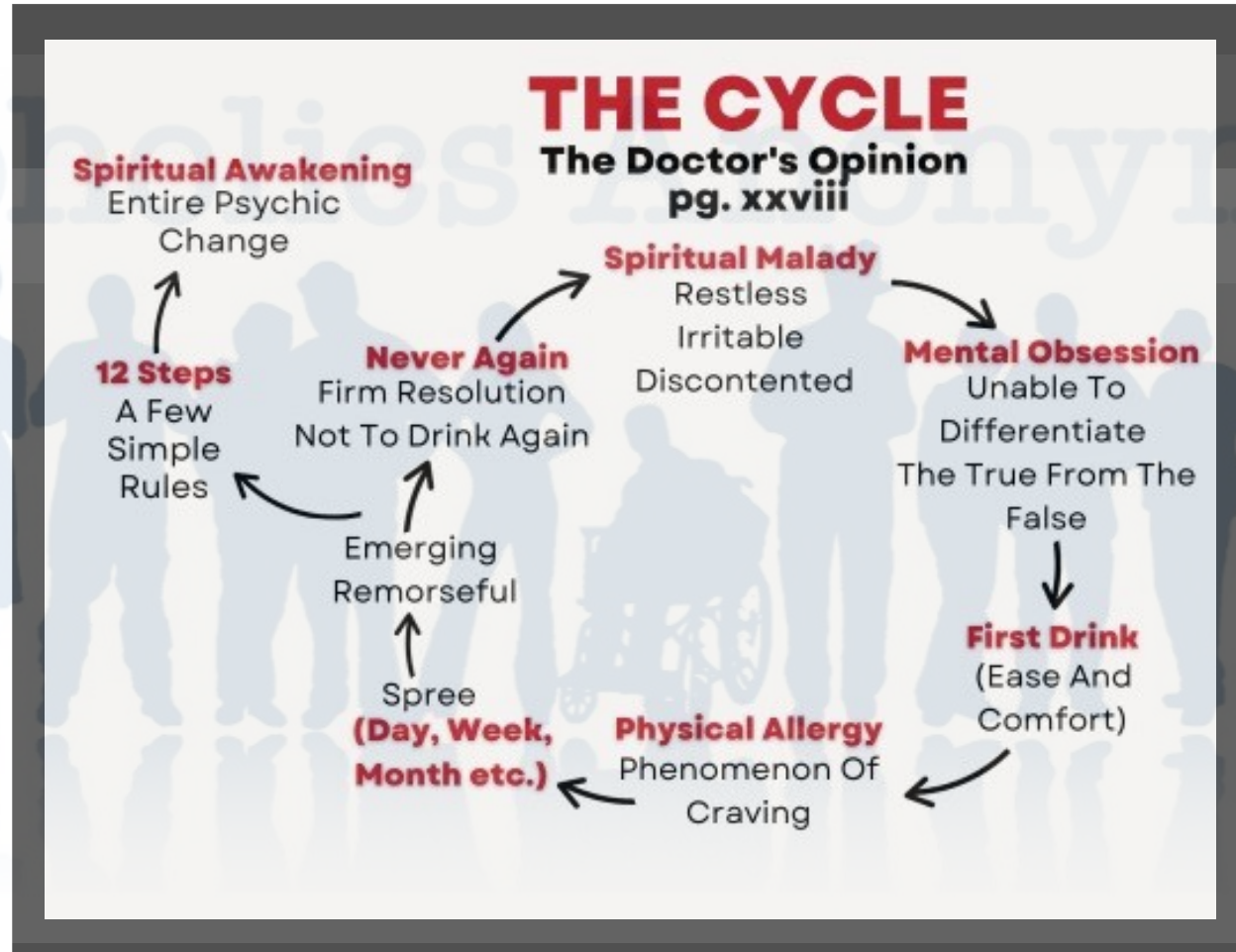
Pg xxviii – *“Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are **restless, irritable and discontented**, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks – drinks which they see others taking with impunity.”*

The Doctor's Opinion

Pg xxix - *“After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.”*

- Alcohol is not our problem. It has become our solution.

The spiritual malady, the obsession of the mind, and the allergy of the body.



Chapter 2, There Is A Solution

Pg 24 – *“When this sort of thinking is fully established in an individual with alcoholic tendencies, he has probably placed himself beyond human aid, and unless locked up, may die or go permanently insane. These stark and ugly facts have been confirmed by legions of alcoholics throughout history.”*

Chapter 3, More About Alcoholism

Pg 39 – *“But the actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of self-knowledge. This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience.”*

Chapter 4, We Agnostics

Pg 44 – *“If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.”*

Chapter 4, We Agnostics

Pg 45 – *“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves, Obviously.*

Well, that’s exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.”

- This is not a book on how to quit drinking. This is a guide to having a spiritual experience.

Foreword To First Edition (1939)

Pg xiii – *“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book.”*

Chapter 5, How It Works

Pg 60 – *“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*

Chapter 4, We Agnostics

Pg 46 – *“Much to our relief, we discovered we did not need to consider another’s conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him.”*

Chapter 4, We Agnostics

Pg 47 – *“We needed to ask ourselves but one short question. “Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.*

Chapter 6, Into Action

Pg 84 – *“And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it like a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it neither are we avoiding temptation. We have not even sworn it off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”*

Chapter 6, Into Action

Pg 85 – *“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”*

- We are not cured of alcoholism. Through the Grace of our Higher Power, we have recovered.

The Solution: The 3 Legacies of A.A.

Stay active in all 3 parts of Alcoholics Anonymous, and recovery is guaranteed.

- **Recovery:** Get a sponsor. Work the 12 steps (pg 63 to pg 84) from our text, with your sponsor.
- **Unity:** Go to meetings. Get a home group. Become active in the fellowship of Alcoholics Anonymous.
- **Service:** Work with others. Carry the message of Alcoholics Anonymous to those suffering from the disease.



Alcoholics Anonymous

Thanks for coming.

We hope we'll see you again soon.

