

Workshop #3 Agenda

Please read pg 186 A.A. Big Book PDF attached to email

Questions From A.A. Big Book:

Am I willing to go to any length to recover?

Am I willing to believe in a Power Greater than myself? Or do I have a Higher power if I do what is my conception?

Do I believe I am Powerless or can I stay sober any other way?

PAGE 186 The A.A. Big Book, Dr Bob, Bill Wilson meet ALCOHOLIC #3 Bill Dotson

Last 3 Proposals in How it Works—

DO I believe I am Powerless to alcohol and my life has become unmanageable (especially when I drink)? What is my answer YES or no?

Do I believe that a Power Greater than myself can restore me to sanity? YES or no

Do I believe God could and would if HE were sought? YES or no

PG 63 A.A. Big Book "When ready we say something like this":

God, I offer myself to Thee – To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

One of Our members considerations, experience Strength and Hope

So, the bottom of page 53 talks about how reason took us so far & how we had been leaning too heavily on Reason. But as you read to end & flip to page 54 it explains that wasn't that in itself a kind of faith. "Yes, we had been faithful, abjectly faithful to the God of Reason. So in one way or another, we discovered that faith had been involved all the time!"

Bottom of 2nd paragraph on 54 "In one form or another we had been living by faith and little else"

Pg 55, 2nd paragraph "... In every man, woman, and child, is the fundamental idea of God. It may be obscured by ... "

Pg 55, 3rd paragraph... "Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us."

And pg 57, last paragraph... "To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought Him."

So all of these passages, for me, were important to read/listen to ... that all along I had a faith that was misdirected and fell into the Faith of Reason. But in earnestly seeking a power greater than myself ... I found that faith within. Though my revelation is coming slowly, I am finding the presence of God. I say as you say "thank you God" "thank you God" "thank you God" ... 3xs in a row, many times a day ... and I immediately recognize what I am thankful for ... it's the innumerable gifts I've received from Him!!!

Page 64 A.A. Big Book We are now at Step 4 we set out on a vigorous course of action

Continues -

One of Our Members experience strength and Hope is –

The whole chapter "there is a solution " , every word, is illuminating. But here are a few of the things I highlighted: pg 19, 1st paragraph "we feel that elimination of our drinking is but a beginning ."

Pg 21, 1st paragraph "But what about the real alcoholic? He may start off as a moderate drinker ..." This paragraph speaks to me.

Pg 22, last paragraph... "We are equally positive that once he takes any alcohol into his system... ," and pg 23, 1st paragraph "Therefore, the main problem of the alcoholic centers in his mind, rather than his body. If you ask him why he started on that last bender, the chances are he will offer you any one of a hundred alibis."

Pg 23, 2nd paragraph "And the truth is, strange to say, is usually that he has no more idea why he took that first drink than you have."

Pg 24, 2nd paragraph "The fact is that most alcoholics, for reasons yet obscure, ... (continue through whole paragraph).

Pg 24, last paragraph "... he has probably placed himself beyond human aid ..."

Pg 25, top "But for the grace of God ..."

Pg 25, 1st paragraph "There is a solution." Continue with whole paragraph. And,

Pg 25, 2nd paragraph "The great fact is just this, and nothing less: That we have had a deep and effective spiritual experiences which have revolutionized our whole attitude toward life, towards our fellows and toward God's universe.... (continue whole paragraph).

Pg 26, 4th paragraph & onto Pg 27 "He can go anywhere on this earth where other free men may go without disaster, provided he remains willing to maintain a certain simple attitude."

Pg 27, paragraph 3 "Is there no exception?" and paragraph 4 "Here and there, once in awhile, alcoholics have had what are called vital spiritual experiences."

Pg 28, 2nd paragraph "We in turn, sought the same escape ... (whole paragraph).

Pg 28, 3rd paragraph (entire paragraph).

Pg 28, 4th paragraph "We think it no concern of ours ... (to end of paragraph).

Pg 28-29, last paragraph "In the following chapter, there appears an explanation of alcoholism as we understand it ... (to end of paragraph)

And finally,

Pg 29, last paragraph "Yes, I am one of them too; I must have this thing."

Anyway, these are just some of the points that stood out to me