



# RECOVERY TAROT



## Divine Help (75 minute meeting)

*Note: THIS MEETING IS DESIGNED TO BE COHOSTED BY TWO SECRETARIES. ONE SECRETARY CAN ALSO READ BOTH PARTS FOR A SMALLER MEETING & GET SOMEONE TO HELP PASS OUT AND COLLECT CARDS. FOR LARGER MEETINGS BREAK OUT INTO AS MANY BREAK OUT GROUPS AS NEEDED TO HAVE A SMALL DISCUSSION CIRCLE OF ABOUT 10-15 PEOPLE AND HAVE SOMEONE LEAD EACH SMALL CIRCLE.*

### SECRETARY 1

Welcome to **\*Divine Help\***, an open meeting of Alcoholics Anonymous. My name is \_\_\_\_\_ and I'm one of your co-secretaries for the evening.

### SECRETARY 2

And my name is \_\_\_\_\_ and I'm your other co-secretary. Welcome everyone. We are so glad you're here.

### SECRETARY 1

Let's take a moment of silence to remember why we are here, followed by the serenity prayer.

*God Grant me*

*Serenity To Accept the Things I Cannot Change*

*Courage to change the things I can and*

*The wisdom to know the difference.*

### SECRETARY 1

This is the preamble of Alcoholics Anonymous.

*"Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."*

### SECRETARY 2

To get started let's all go around and introduce ourselves by our first names, starting with the person on my right.

<Everyone Introduces themselves>

Welcome everyone- let's give ourselves a round of applause.

This meeting aims to help us make conscious contact with a higher power of our understanding. When in the caring presence of a higher power we are in a position to receive insight and guidance about our current situation. We are able to face challenges, stay sober, heal from the effects of alcoholism and grow.

Since this meeting is meant to inspire intuition, we have asked \_\_\_\_\_ to read **"In thinking about our day"** from page 86 of the Big Book:

*"In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it."*

### SECRETARY 1

Thank you!

And we've asked \_\_\_\_\_ to read **"Much to Our Relief"** from page 46 of the Big Book.

*“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... As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek [God]. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all [people]. When, therefore, we speak to you of God, we mean your own conception of God. **This applies, too, to other spiritual expressions which you find in this book.** Do not let any prejudice you may have against spiritual terms deter you from **honestly asking yourself what they mean to you.** At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood God.”*

## SECRETARY 2

Thank you! In a moment we are each going to draw a card from the Recovery tarot deck. We ask you to please treat the cards with respect. Don't use them as coasters or accidentally take them home with you!

The Recovery Tarot deck is a tool to support recovery and healing.  
(Show the card).

On one side of the card is a picture.

(show the opposite side)

On the other side is a reading with a “plus” and a “minus” message. We encourage you not to think of any card as “good” or “bad” but consider that each card holds a spectrum of possible interpretations.

The “positive” message helps us see the light side of things - what's going well or to be gained - and the “negative” message shows the shadow side for when the sunlight of the spirit is blocked- it contains suggestions or warnings in case we are off track with our recovery.

## SECRETARY 1

There's also an AA Big Book quote on each card to help keep our discussion focused on AA recovery. The Big Book excerpts are “conference approved” literature —officially endorsed by the organization. The other writing on the cards and the pictures are not conference approved or endorsed by Alcoholics Anonymous. AA's official message is only contained within AA conference approved literature. As far as the other writing please take what you like and leave the rest.

At this time \_\_\_\_\_ (Secretary 2) will go around so you can draw a card. Let's keep conversation to a minimum as we do this.

When you get a card, take a moment to look at and absorb the information on it. Look at the picture as well as the words. See what the card inspires in you and how it might relate or not relate to your current situation.

In a moment we are going to break into <#> groups for sharing <break into about one group for every 12-15 people>,< one here and one downstairs.>

You're invited to share about the picture, the reading on the back, the big book quote, or anything the card inspires in you that will help you stay sober. Please don't feel obliged to read the entire card to the group unless you want to.

Be creative. Honor your intuition and the messages you might be getting from your Higher Power. Each card is open to interpretation. Feel free to embrace what's written on the card or make up your own interpretation.

I have asked \_\_\_\_\_ to read “**Much has already been said**” from page 85 of the Big Book:

*“Much has already been said about receiving strength, inspiration, and direction from a Higher Power who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense.”*

Thank you.

## SECRETARY 2

One of the goals of this meeting is to create a safe space for everyone to share authentically about what's going on with them. We challenge you to share on a personal level rather than giving platitudes about recovery. Please hold a non judgmental space for each other. We remind you of the first tradition which states "recovery for the greatest number depends upon AA unity" —in other words, we are all in this together.

Now we will break into groups now to begin individual sharing.

Feel free to grab a snack or tea on the way and we will get started in a couple minutes.

## <IN BREAKOUT GROUPS- secretary 1 & 2 each lead a group>

### SECRETARY

Lets get started here. One person will begin and we will proceed in a clockwise fashion, round robin. Feel free to pass if you're not up for sharing. Please limit your share to about three or four minutes. Can we get a volunteer to act as spiritual timekeeper to give you a reminder at three minutes to begin wrapping up? <Thanks \_\_\_\_\_>

### AT 8:00 BREAK

#### (BOTH SECRETARIES IN EACH GROUP)

At this time we would like to take a break for the 7th tradition. The 7th tradition states that there are no dues or fees for AA membership but we do have expenses. The money goes toward snacks, beverages and supporting AA central service. If we decide to rent an outside space in the future some money will also go towards that. But we want you more than your money.

While the basket is being passed I have asked a friend to read the tradition of the month. (Select the tradition corresponding to the number of the month)

- 1. *Our common welfare should come first; personal recovery depends upon A.A. unity.*
- 2. *For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*
- 3. *The only requirement for A.A. membership is a desire to stop drinking.*
- 4. *Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*
- 5. *Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.*
- 6. *An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*
- 7. *Every A.A. group ought to be fully self-supporting, declining outside contributions.*
- 8. *Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.*
- 9. *A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*
- 10. *Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*
- 11. *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*
- 12. *Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*

This meeting doesn't have literature for sale but if you're looking for literature we can recommend where to buy it online or in person. Ask one of us after the meeting. If you're interested in buying your own recovery tarot deck they are available for sale for \$40. Please see one of the secretaries after the meeting. . We only have a limited number of decks right now but when we run out you can add your name to a wait list for the next batch. . A portion of the proceeds is donated to the Castro Country Club (a non profit gathering place in San Francisco for people in recovery).

At this time we would like to invite newcomers to share. A newcomer is defined as anyone in their first 30 days of recovery or recently out of an institution or treatment center. If you have a burning desire to drink, use, harm yourself or someone else, we also welcome you to share now as well. Any newcomers or persons with burning desires who would like to share?

**(After all newcomers and persons with burning desires have shared).**

**SECRETARY**

Ok let's resume regular sharing now until 8:22.

**AT 8:22 SECRETARY**

I'm sorry that's all the time we have for sharing tonight. If you didn't get a chance to share please talk to one of us after the meeting, or call your sponsor.

To wrap up our discussion group I have asked \_\_\_\_\_ to read **Here are thousands of men and women** from page 50 of the Big Book:

*"Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking. In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements. Once confused and baffled by the seeming futility of existence, they show the underlying reasons why they were making heavy going of life. Leaving aside the drink question, they tell why living was so unsatisfactory. They show how the change came over them. When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith."*

Thank you. Can I get a volunteer card wrangler to go around right now and collect all the cards from everyone? Thanks \_\_\_\_\_.

Thanks everyone for sharing tonight and being part of this group. At this time we will come together as a larger group for closing.

**<IN SINGLE LARGER GROUP AGAIN>**

**SECRETARY 1**

Thank you all for coming tonight.

Before we finish, this meeting encourages sponsorship. Is there anyone with a year or more willing to be a temporary sponsor?

Thank you - there are lots of options here. And who is willing to talk to newcomers after the meeting?

Lots of hands.

**SECRETARY 2**

Is anyone celebrating an AA milestone you'd like to share with the group?

Congratulations everyone!

We hope to see you again next month. We meet on the first Thursday of the month at 7:15.

**SECRETARY 1**

Who here brought sweeties? <applause>.

Please stick around for some fellowship afterwards.

Let's join hands and close the meeting with the third step prayer (from page 63 of the Big Book):

*"God I offer myself to Thee - To build with me and 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. May I do Thy will always!"*

## TWELVE TRADITIONS

1. **JANUARY** Our common welfare should come first; personal recovery depends upon A.A. unity.
2. **FEBRUARY** For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. **MARCH** The only requirement for A.A. membership is a desire to stop drinking.
4. **APRIL** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. **MAY** Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. **JUNE** An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. **JULY** Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. **AUGUST** Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. **SEPTEMBER** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. **OCTOBER** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. **NOVEMBER** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. **DECEMBER** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## **Here are thousands of people**

*from p 50 of the Big Book*

“Here are thousands of people, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking. In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements. Once confused and baffled by the seeming futility of existence, they show the underlying reasons why they were making heavy going of life. Leaving aside the drink question, they tell why living was so unsatisfactory. They show how the change came over them. When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith.”



## **Much to Our Relief**

*from p 46 of the Big Book*

“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... As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek [God]. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all [people]. When, therefore, we speak to you of God, we mean your own conception of God. **This applies, too, to other spiritual expressions which you find in this book.** Do not let any prejudice you may have against spiritual terms deter you from **honestly asking yourself what they mean to you.** At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood God.”

## **In Thinking About Our Day**

*from p 86 of the Big Book*

“In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right

answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.”

## **Much Has Already Been Said**

*from page 85 of the Big Book:*

“Much has already been said about receiving strength, inspiration, and direction from a Higher Power who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense.”