

POWERLESSNESS ... "THE ESSENTIALS" ... RELATIONSHIPS ... FELLOWSHIPS
A "BIG BOOK" STUDY OF FOUR "THREADS OF RECOVERY"

October 11 through December 27, 2021

(Page cites from Alcoholics Anonymous, Fourth Edition, except as noted.)

RELATIONSHIPS - PART 3. "WITH OTHERS". Chapters Five through Eleven, and more.

We alcoholics are powerless over alcohol. We are powerless over *our physical allergy*, over the *idea of the first drink*, and our *inability to stop drinking once we start*. We need a spiritual awakening produced by the Twelve Steps and the *three essentials of willingness, honesty and open-mindedness* to deal with our powerlessness. (See Appendix II, pp. 567-568)

Step Five presents our three types of relationships: God, myself and others. The Twelve Steps guide me in seeking, establishing and growing a healthy, helpful relationship with God and myself. The Twelve Steps also guide me in seeking, establishing and growing a *healthy, helpful relationship with all the other people in my life*. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (p. 77)

Seeking a healthy, helpful relationship with other people—Steps One through Six—

I stop doing and stop being what and who I used to be:

"When we sincerely took such a position ... we had a new Employer." (p. 63)

"More and more we became interested in seeing what we could contribute to life." "

"Take away my difficulties, that victory over them may bear witness to those I would help of [God's] Power, [God's] Love, and [God's] Way of life." "

"... the world and its people really dominated us." (p. 66)

"We ask [God] to remove our fear ... where had we been inconsiderate?" (pp. 68-69)

"... we ask God to help us be willing [to let God remove from us all the things which we have admitted are objectionable]." (p. 76)

Establishing a healthy, helpful relationship with other people—Steps Seven through

Nine—I start being and start doing what God wants me to be and do:

"I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows." (p. 76)

"We have a list of all persons we have harmed and to whom we are willing to make amends." (p. 76)

"Now we go out to our fellows and repair the damage done in the past." (p. 76)

"Grant me strength, as I go out from here, to do [God's] bidding." (p. 77)

"His faults are not discussed. We stick to our own." (p. 78)

"... admitting his faults and asking forgiveness." (p. 79)

"He saw that he had to place the outcome in God's hands ..." (p. 80)

"... pray about it, keeping the other one's happiness uppermost in mind." (p. 82)

Note. When I complain and whine about my character defects, I insult God.

When I seek God's help to reduce and remove my character defects, I honor God.

Caution. I cannot have a healthy, helpful relationship with everyone. Some are too toxic for me. I treat them with kindness, even as I minimize my time with them.

*"All AA progress can be reckoned in terms of just two words: humility and responsibility ... they hold up the very essence of **right being and right doing**."* (Talk by Bill W., 1965)

POWERLESSNESS ... "THE ESSENTIALS" ... RELATIONSHIPS ... FELLOWSHIPS
A "BIG BOOK" STUDY OF FOUR "THREADS OF RECOVERY"

October 11 through December 27, 2021

(Page cites from Alcoholics Anonymous, Fourth Edition, except as noted.)

Growing a healthy, helpful relationship with other people—Steps Ten through Twelve—

*The process of my spiritual awakening is to **not do, not be**—then to **be and do**.*

*In Step Ten, I continue daily "course correction"—to **not do** and **not be** driven by self.*

*In Step Eleven, I seek daily "course direction"—to **be in, and do**, God's will, not mine.*

I recall the spiritual principle—when I am helping others, I am also helping myself. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (p. 77)

"Into Action"

"Yes, there is a long period of reconstruction ahead. We must take the lead." (p. 83)

"We will lose interest in selfish things and gain interest in our fellows." (p. 84)

"Then we resolutely turn our thoughts to someone we can help." "

"Love and tolerance of others is our code." "

"We may ask for ourselves, however, if others will be helped." (p. 87)

"Working with Others"

"... never criticize. To be helpful is our only aim." (p. 89)

"Helping others is the foundation stone of your recovery." (p. 97)

"Argument and fault-finding are to be avoided like the plague." (p. 98)

"... be discussed in an atmosphere of helpfulness and friendliness." (p. 99)

"... be sober, considerate, and helpful, regardless of what anyone says or does." "

"To Wives"

"... reasonableness and patience ..." (p. 111)

"... be helpful rather than critical ..." "

"Patience, tolerance, understanding and love are the watchwords." (p. 118)

"The Family Afterward"

"... meet upon the common ground of tolerance, understanding and love." (p. 122)

"... tolerance, love, and spiritual understanding." (p. 127)

"... show unselfishness and love under his own roof." "

"... only to enjoy ... a finer intimacy than ever." (p. 134)

"To Employers"

"We all had to place recovery above everything ..." (p. 143)

"The man must decide for himself." (p. 144)

"... defend a man from needless provocation and unfair criticism." (p. 146)

"A Vision for You"

"... give of yourself that others may survive." (p. 153)

"... the happiness they found in giving themselves for others." (p. 159)

"... loving and understanding companionship ..." (p. 160)

"... laughed at their own misfortunes and understood his." "

"... the absence of intolerance of any kind ..." "

"... it is only a matter of willingness, patience and labor." (p. 163)

"See to it that your relationship with [God] is right, and great events will come to pass for you and countless others. This is the Great Fact for us." (p. 164)

Next Time: FELLOWSHIP - Part 1. "With a Sponsor": Chapter Seven.