



The Spiritual Roots of Alcoholics Anonymous

&

Two Way Prayer

11th Step Zoom Workshop



My Story (*Quickie Version*)

- Family / Drinking / Inner Split
- Reaching Bottom / Inner Voice
- 20 Years Recovery / Hitting a Wall
- Ready for Something New (or Old?)
- *“When the student is ready the teachers will appear”*

**“Whenever a society or civilization fails,
there is always one condition present.
They forgot where they came from.”**

- Carl Sandburg

The story of the 5-Ms



Man

Message

Movement

M_____

M_____

Today's Workshop

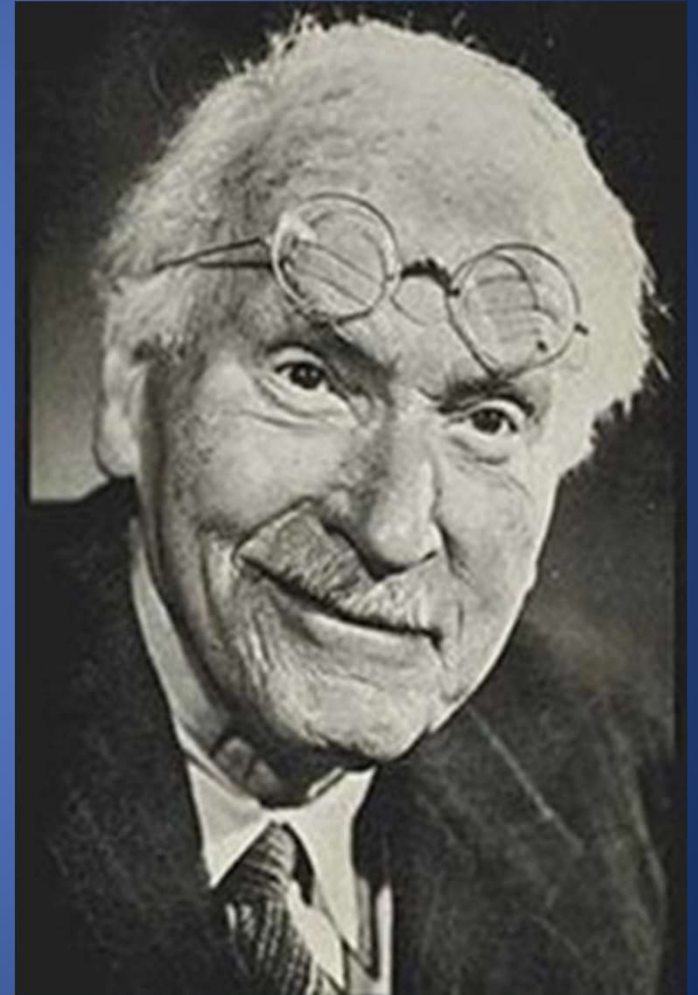
- Origins of Two Way Prayer
- How It Works
- Practice Session
- *Using It in Recovery*



Rowland Hazard III

Dr. Carl Jung

- Famous Swiss psychiatrist treated Rowland
- Jung refused to help him a second time
- Said he might recover through a “psychic change”
- Sent Rowland on a spiritual quest
- His best chance was in a religious setting





Robert A. Johnson

What is a psychic change?

“It is the relocating of the center of the personality from the ego to a center greater than itself.”

Back to the history:

Ebby Thatcher

- *Serious alcoholic helped by Rowland in Oxford Group*
- *At 60 days sober, calls on Bill Wilson*



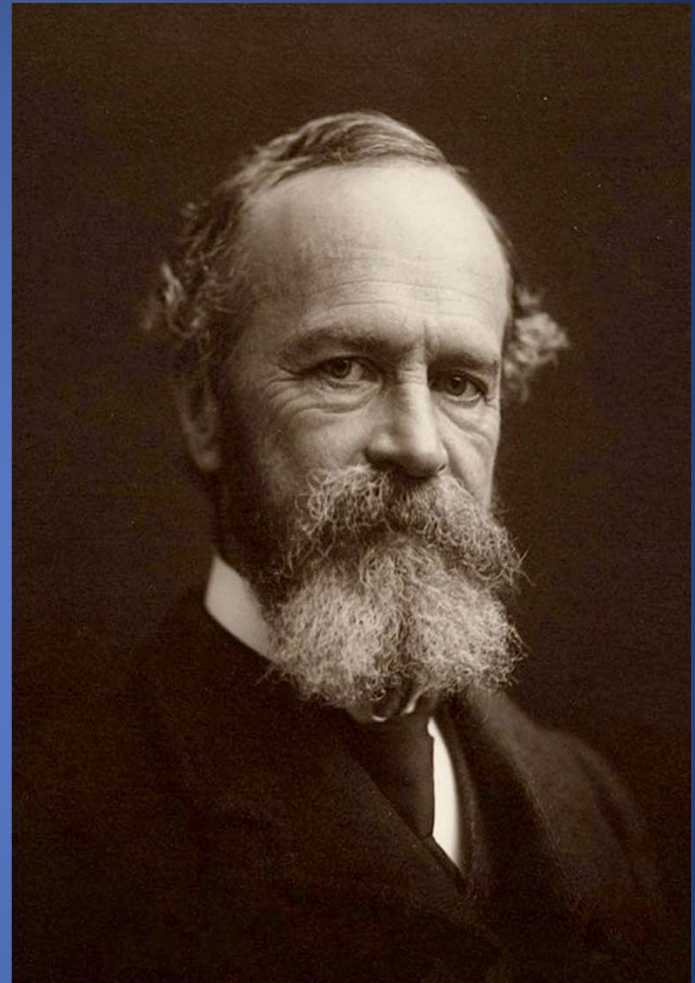


Bill Wilson

- *Wall street stock analyst*
- *Chronic alcoholic*
- *Detoxed 4 times*
- *Declared “hopeless” by his doctor*
- *Visited by Ebby*
- *White light experience*

William James

- *“The Father of American Psychology”*
- *Varieties of Religious Experience*
- *Wilson reads it in detox*
- *Chronicles cases of conversion experiences – some are drunks*



William James & the Big Book

3 things common to Conversion Experiences

“Calamity”

“(a) That we were alcoholic and could not manage our own lives.”

“The defeat was utter and absolute”

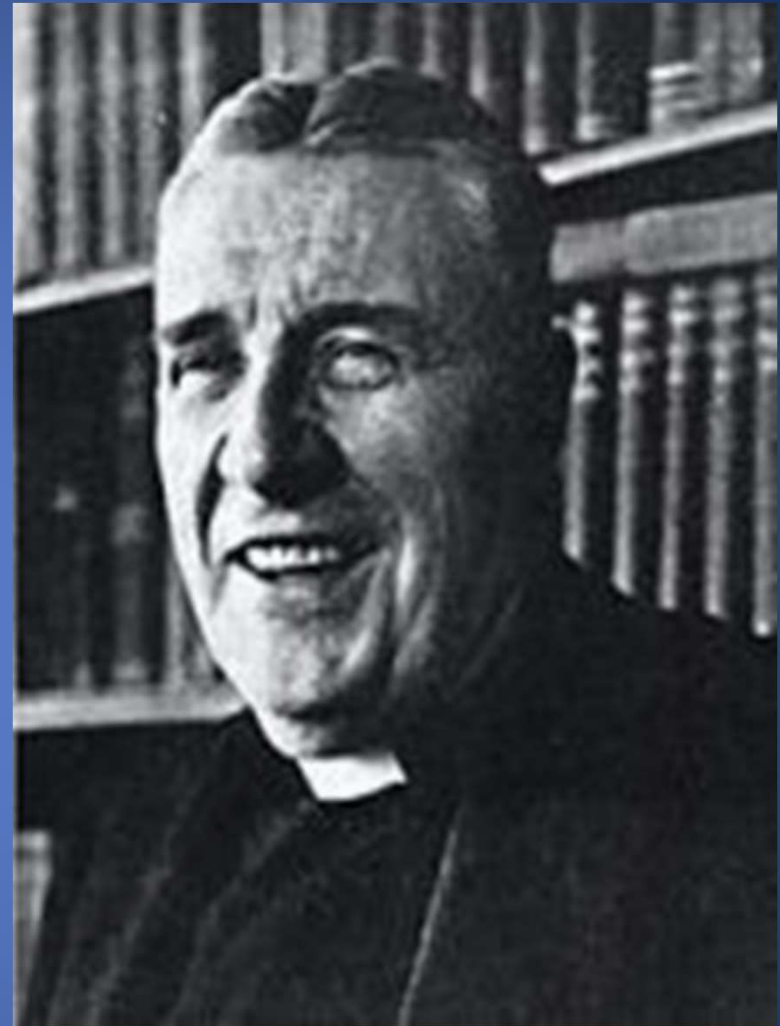
“(b) That probably no human power could have relieved our alcoholism.”

“An appeal to a higher power for help.”

“(c) That God could and would if He were sought.”

Rev Sam Shoemaker

- *1935 he brought Bill Wilson into Oxford Group*
- *Head of Oxford Group in the U.S.*
- *Episcopal priest / author*
- *1933 led a team to Akron, Ohio*
- *Taught Wilson what became Steps 2 through 11.*



“Where did we learn about moral inventory, amends for harm done, turning our wills and our lives over to God?

Where did we learn about meditation and prayer and all the rest of it?

The spiritual substance of our remaining ten Steps came straight from Dr. Bob’s and my own early association with the Oxford Groups, as they were then led in America by that Episcopal rector, Dr. Samuel Shoemaker.”

- Bill Wilson





Akron get ready for the Message:

Henrietta Seiberling & Dr. Bob



- *Bob is in the OG for 2 years – but dishonest about drinking. Henrietta's Guidance: "Bob should not take the first drink."*
- *She asks group to "share deeply" - Bob admits his problem*
- *A few weeks later, Wilson calls her needing an alcoholic to work with – she connects him to Dr. Bob*

Dr. Frank Buchman

Resentment w/ Board

1908 Conversion Experience

Surrender / Amends / Witness /
Experiments: Princeton, Penn State,
Oxford University

WW I Challenge: Change the World

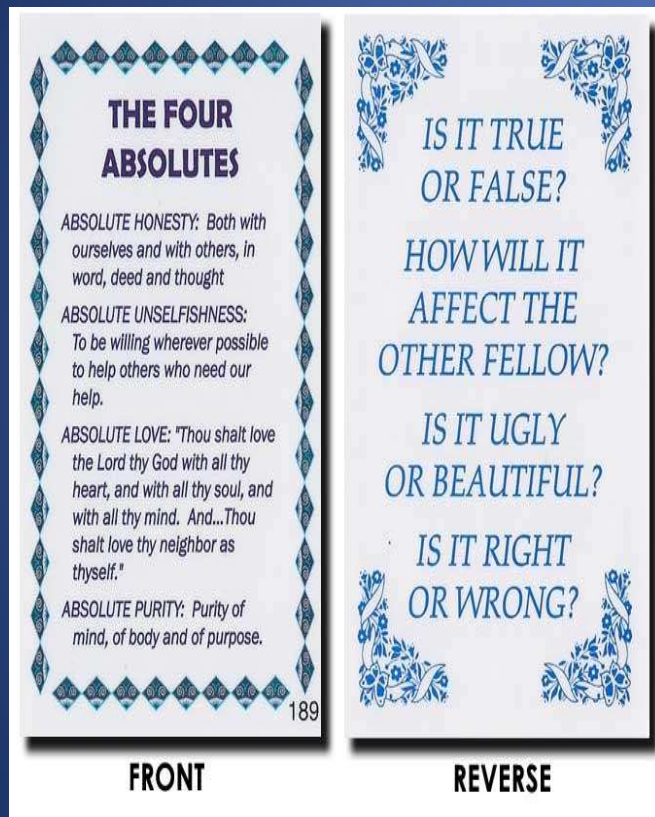
A First Century Christian Fellowship

*Photo by permission Initiatives of Change
Caux, Switzerland*



The Four Absolutes

- Honest
- Purity
- Unselfishness
- Love



Why were they left behind?

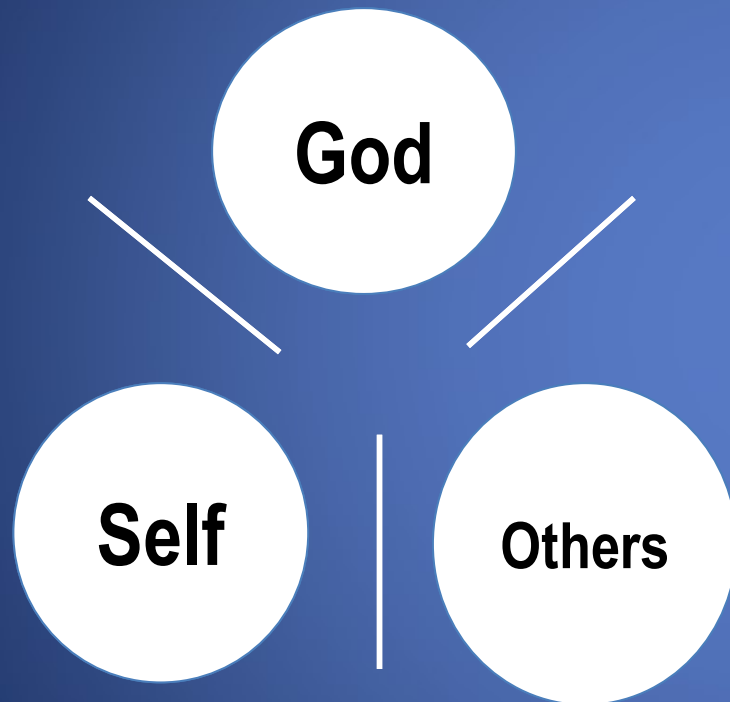


What Happened to the Oxford Group?

- *Why did A.A. separate?*
- *New York vs. Akron & Cleveland's Programs*
- *Were things left behind that could help us today?*

5 MINUTE
BREAK

The 12-Steps in Three Short Words:




- **CONNECTION**
Steps 1-2-3
- **CORRECTION**
Steps 4-5-6-7-8-9
- **DIRECTION**
Steps 10-11-12

The Practice of Two Way Prayer

*“When man listens,
God speaks,
when man obeys,
God acts.”*

Dr. Frank Buchman,
Founder of the Oxford Group



 two way prayer

HOW TO LISTEN TO GOD

by Chaplain John Batterson

1. God is alive.
2. God knows everything.
3. God can do anything.
4. God can be everywhere.
5. God is invisible-we can't see Him or touch Him. But God is here.
 He is with you now.
 He is beside you.
 He surrounds you.
 He is in your heart.
6. God cares very much for you.
 He has a plan for your life.
 He has an answer for every need and problem you face.
7. God will tell you all that you need to know.
 He will not always tell you all that you want to know.
8. God will help you do anything that He asks you to do.
9. Anyone can be in touch with God, anywhere and at any time, if the conditions are obeyed.

These are the conditions: - To be quiet and still - To listen - To be honest about every thought that comes
- To test the thoughts to be sure that they come from God - To obey



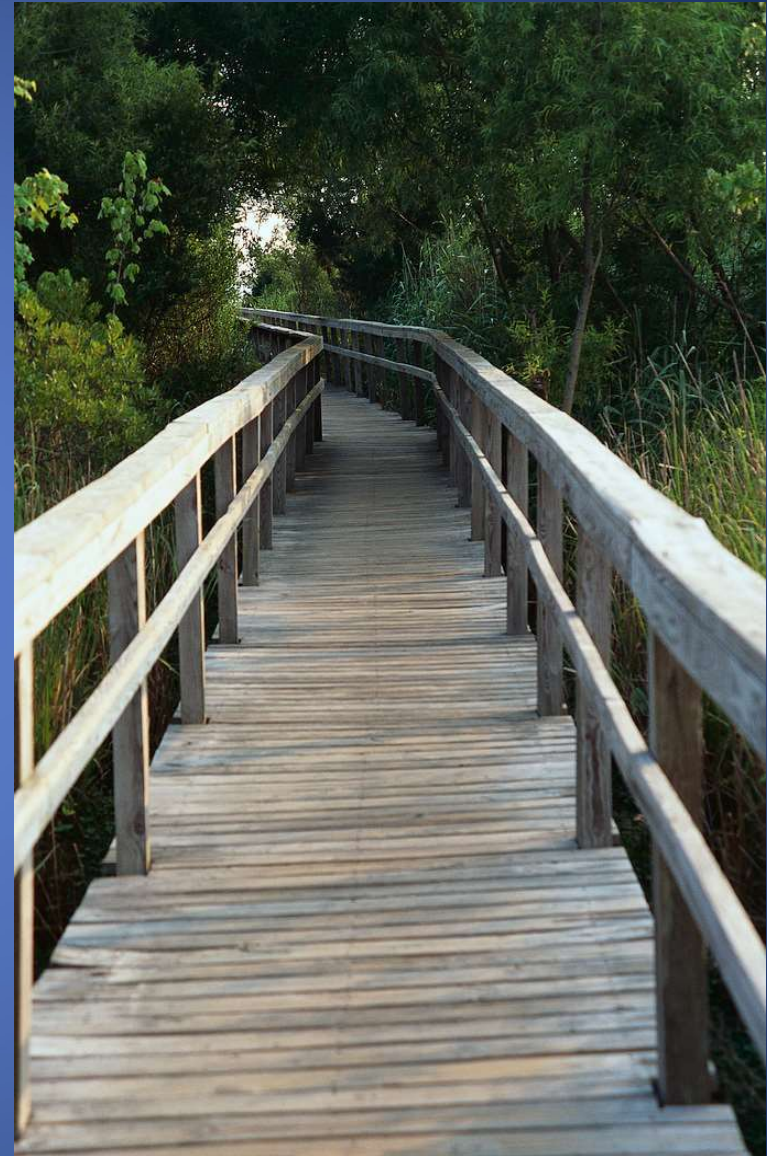


Preparation:

- *Buy a notebook*
- *Choose a sacred space*
- *Commit to a daily practice*
- *Practice each morning*

The Practice

- *Sit upright*
- *Read a sacred text:*
 - Sermon on the Mount*
 - First Corinthians 13*
 - The Letter of James*
- *Breathe deeply*
- *Write a question.*
- *very honest question that captures your real need for help*



The Practice



- Listen for God's Voice
- Use a term of endearment
- Write the words that come into your mind
- Stop writing when it becomes strained
- Feel the closeness of God

The Practice

Examples:

1. God, I've tried getting clean and sober before — please tell me what I need to do that's different this time. (If you're already sober, look at other addictions or behaviors in your life that have you stuck and ask for guidance with them.)
2. Heavenly Father, I feel so alone and separated from you and from others, please help me feel your presence.
3. Father/Mother God, I'm withdrawing / isolating again - moving further away from my spouse (or my child). Please tell me what I should do.
4. Lord Jesus (or Spirit, or My Creator), I need your guidance today as I face _____.
Please show me the way so I can do your will.

(Notice the different names being used for God. Choose the name that feels right for you. If you are struggling to find a name, start with "Unknown God" or "God, if you're there.")



The Practice



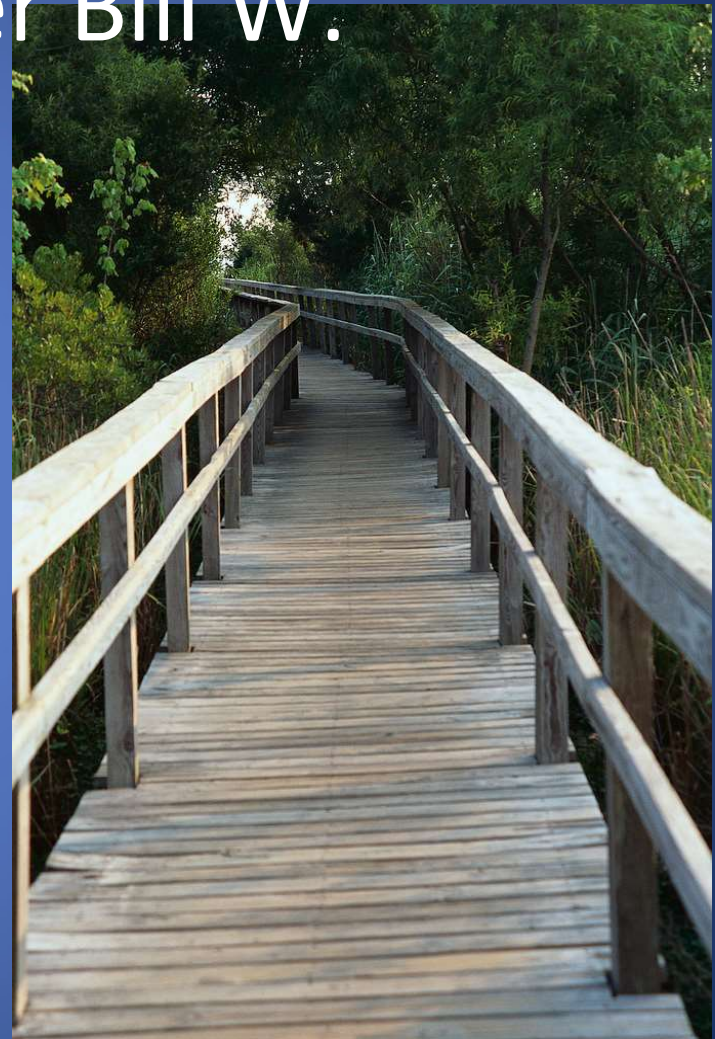
- ***Check your guidance:***
 - *Does it pass the test?*
Honest - Pure - Unselfish - Loving
- ***Share your writings***
- ***Act on your guidance***

What Next?

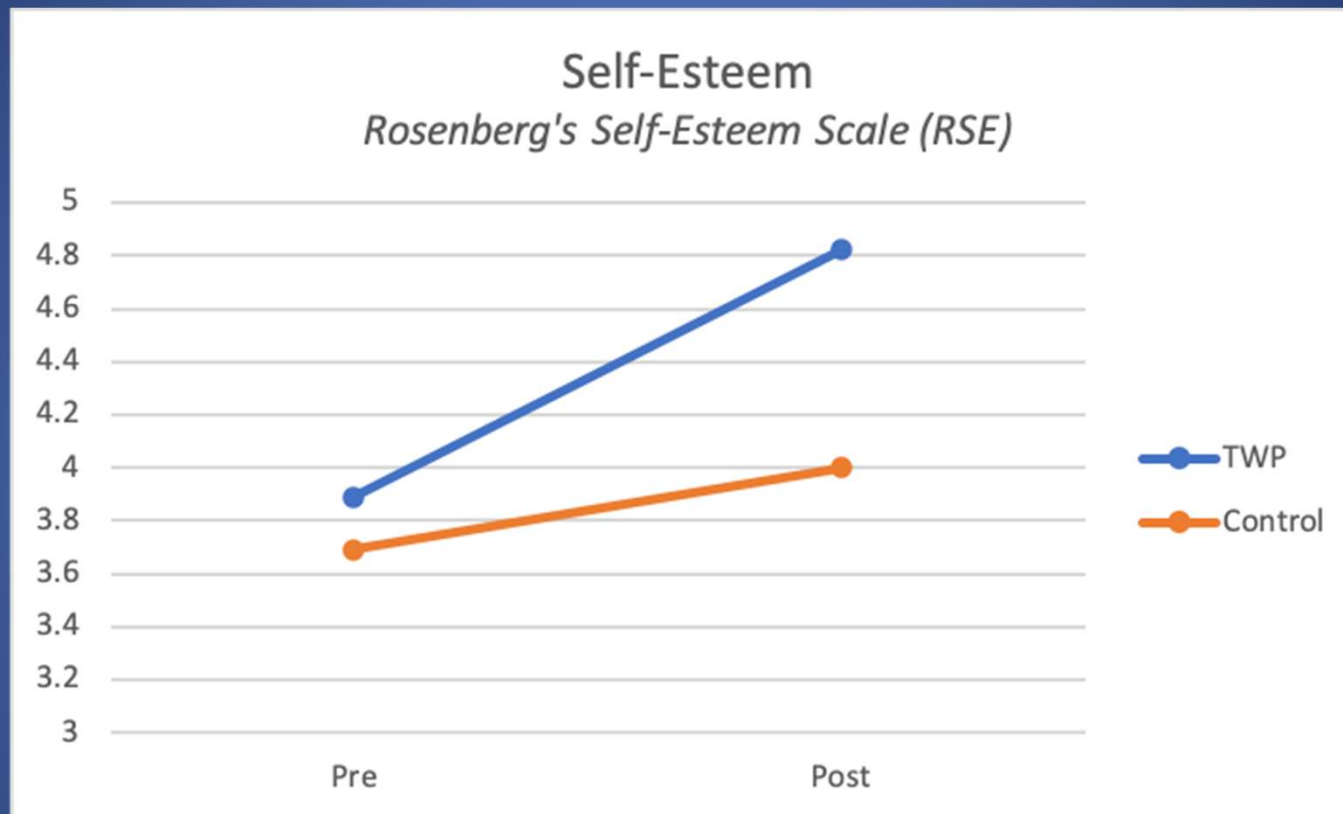
- Practice TWP for 30 days
- Share your guidance with a prayer partner
- Carry the message: Help others to change
- Use TWP in your sponsorship / therapy
- Start an 11th Step meeting

Email: TwoWayPrayer@gmail.com

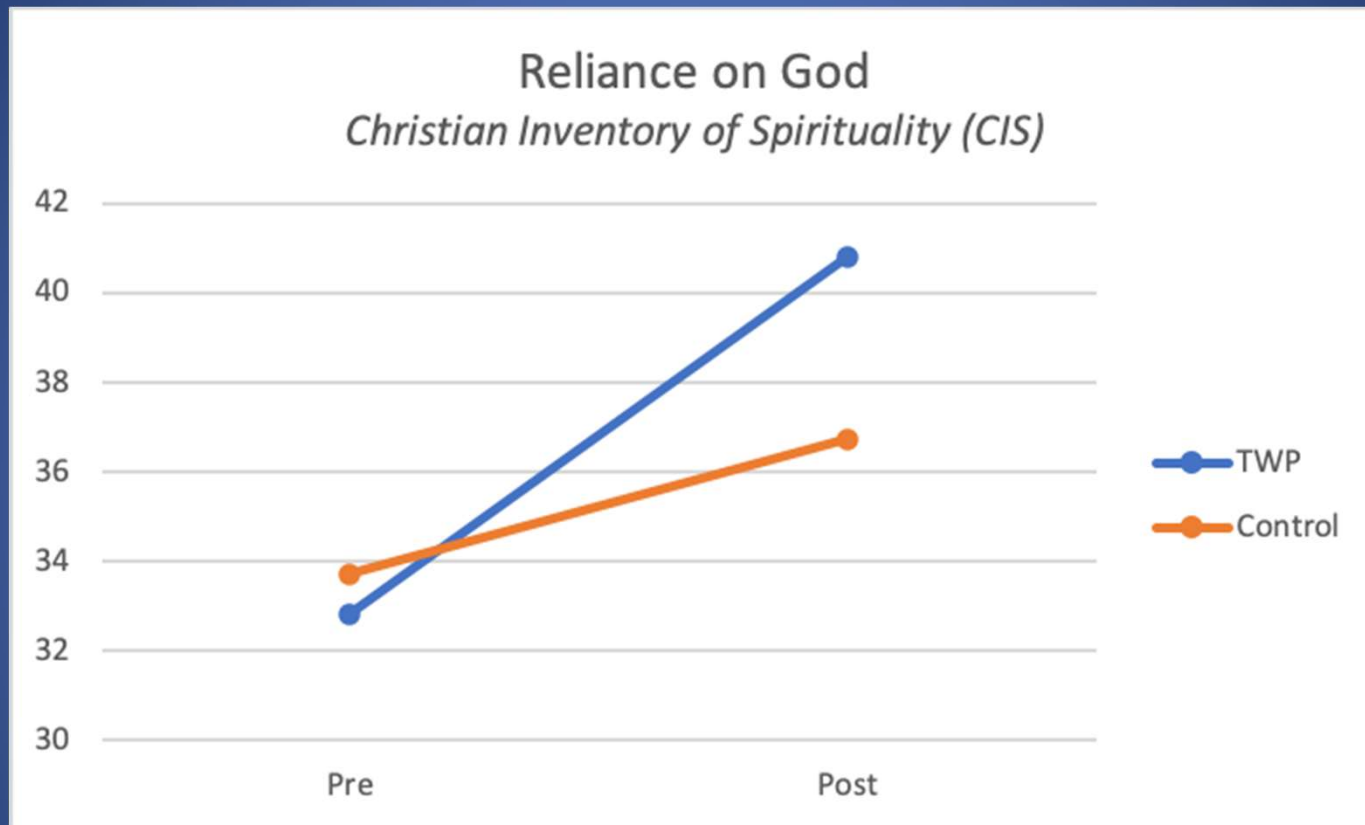
Podcast: Father Bill W.



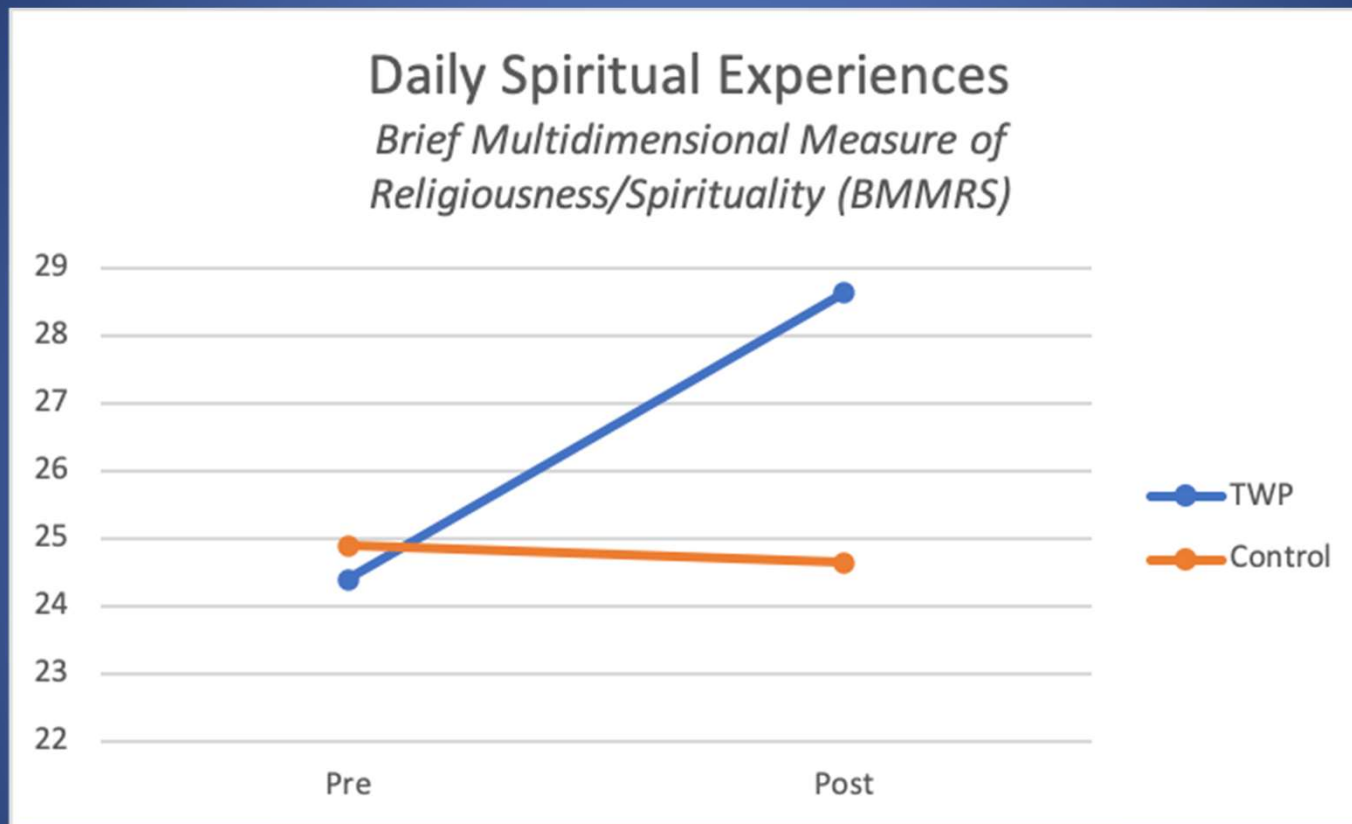
TWP Study Outcomes



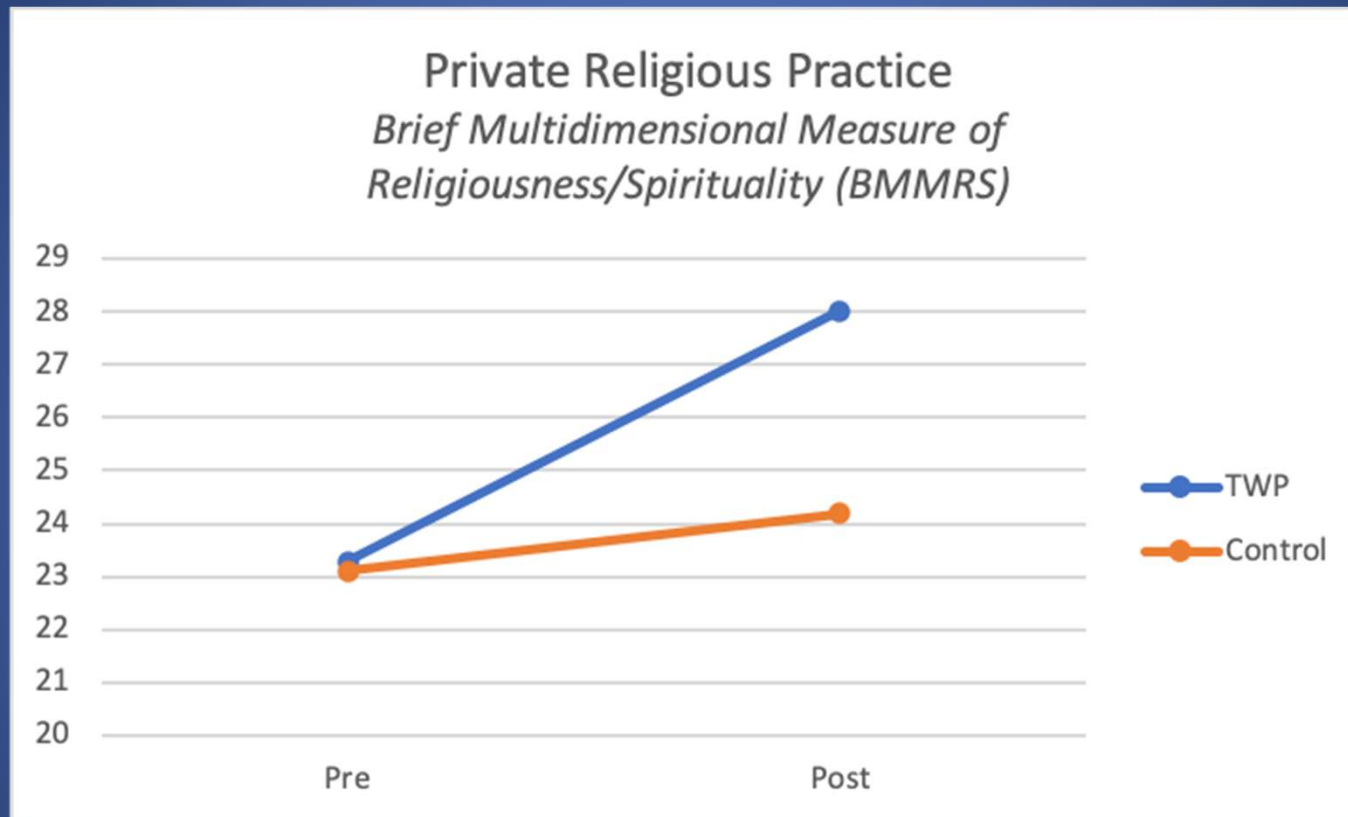
TWP Study Outcomes



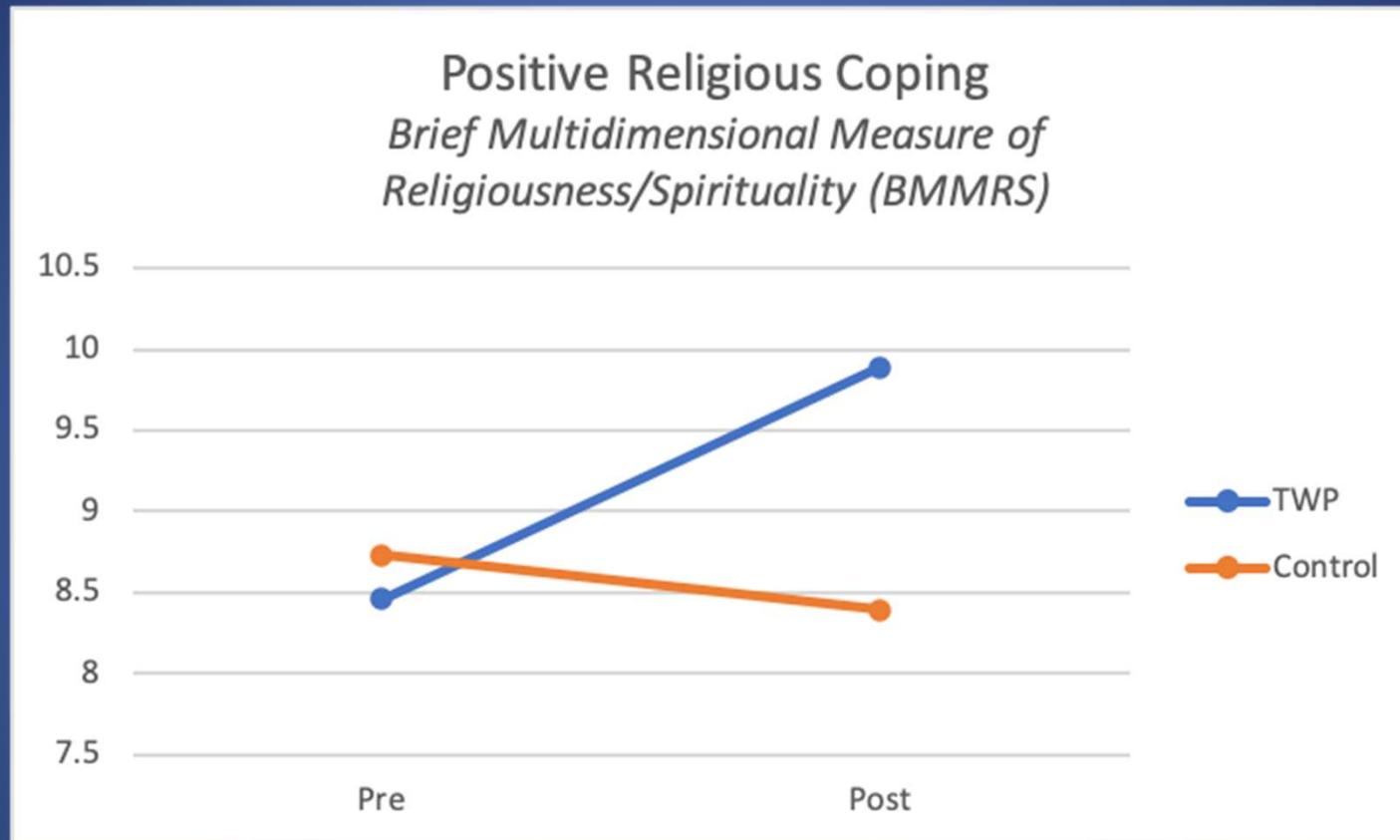
TWP Study Outcomes



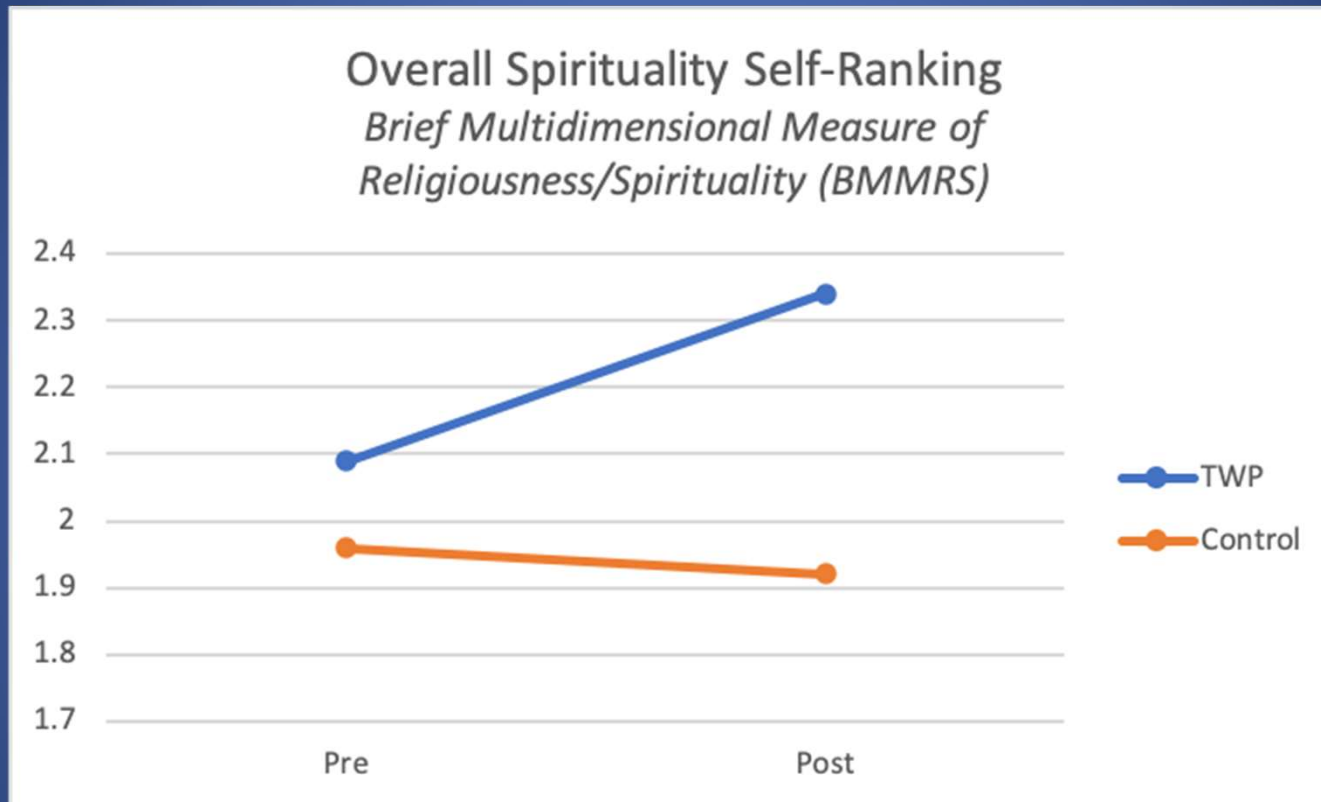
TWP Study Outcomes



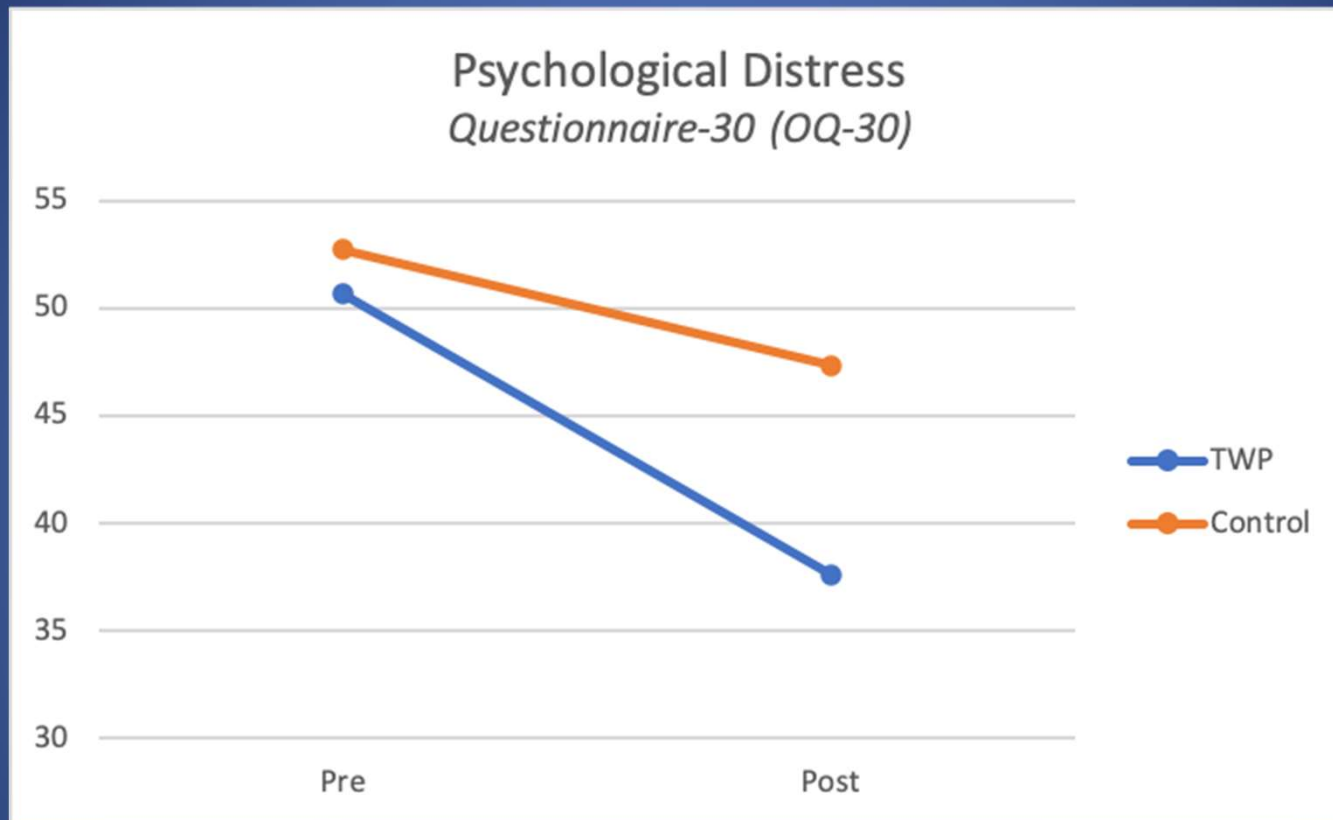
TWP Study Outcomes



TWP Study Outcomes

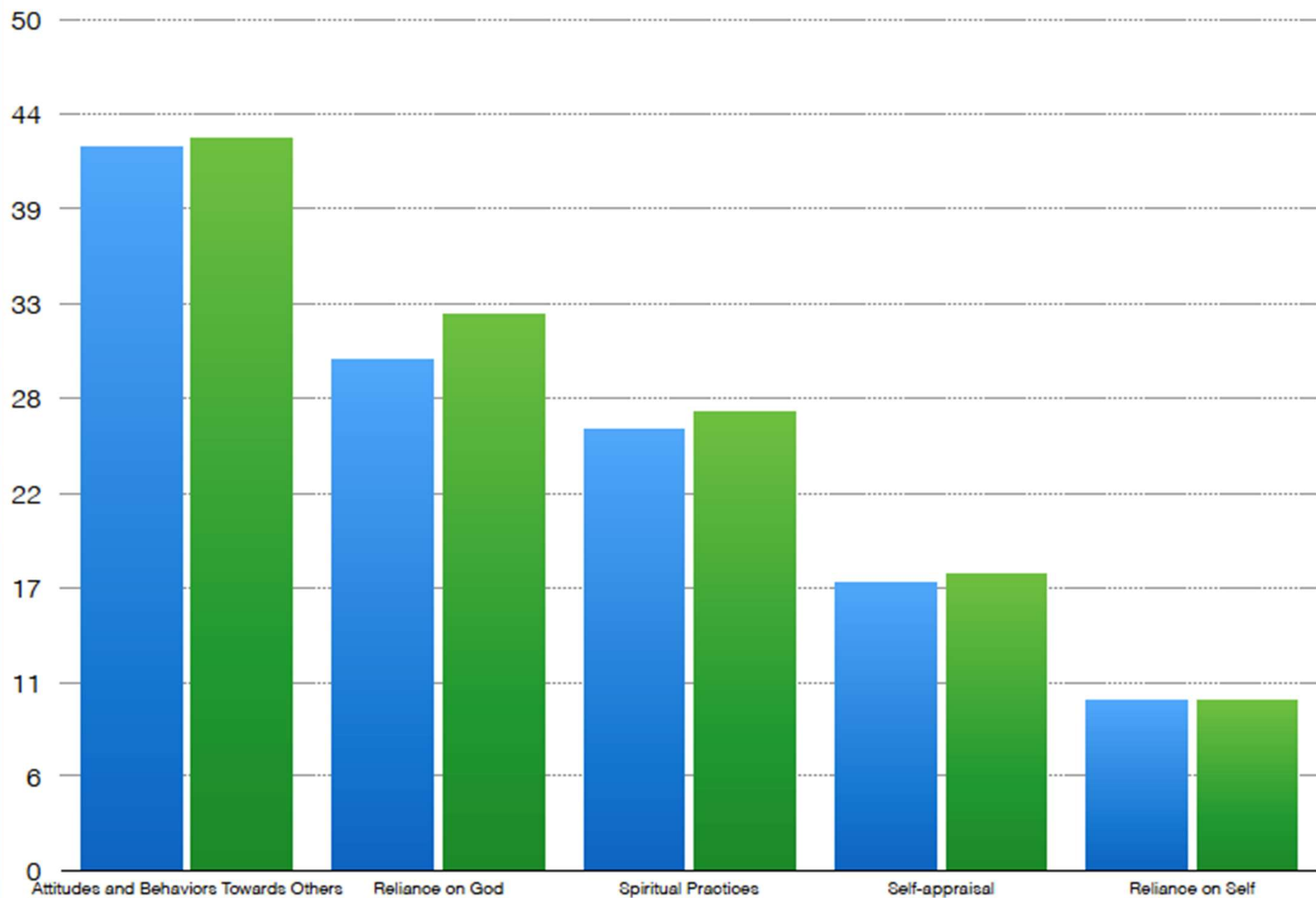


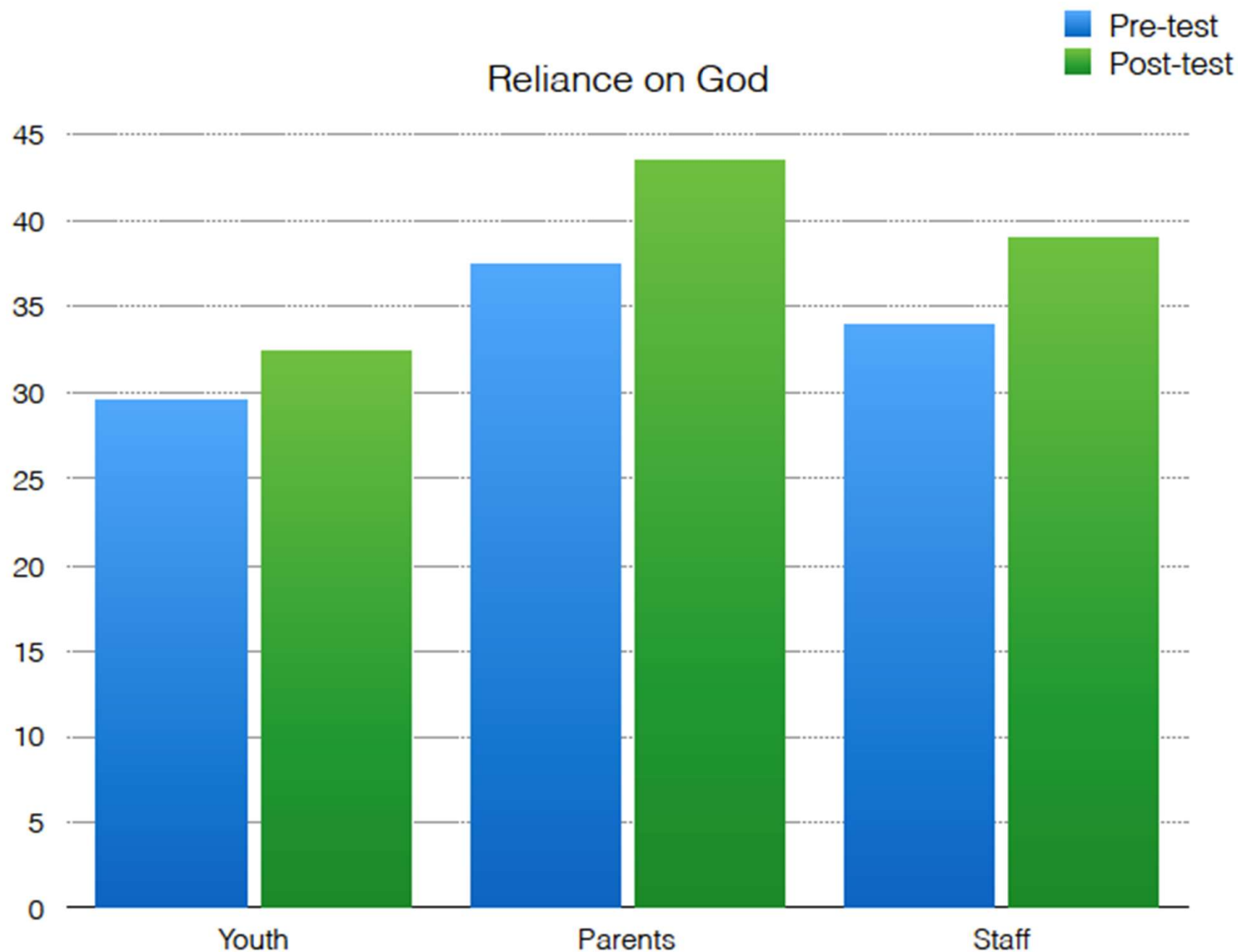
TWP Study Outcomes



Youth Results

Pre-test
Post-test





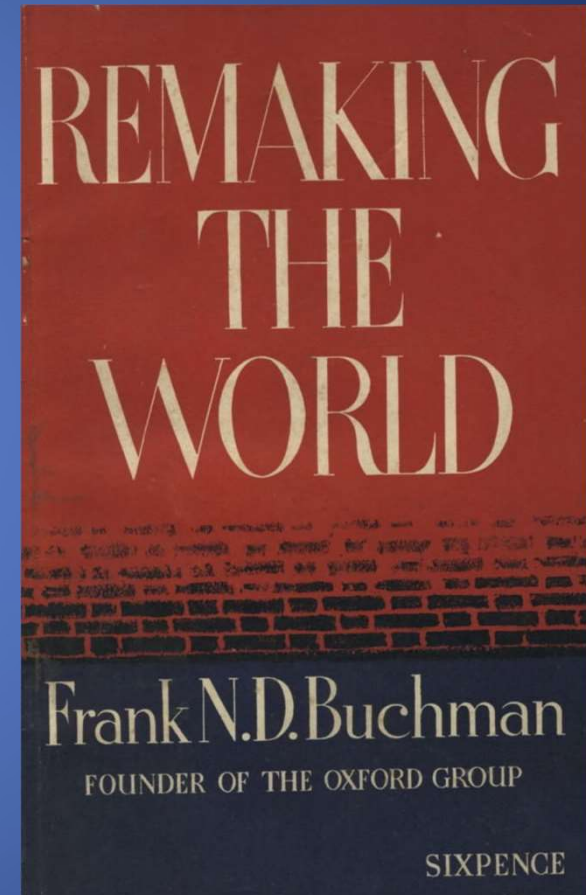
"For instance, when a member of the Oxford Group comes to me in order to get treatment, I say, 'You are in the Oxford Group; so long as you are there, you settle your affair with the Oxford Group. **I can't do it better than Jesus.**'"

C.G. Jung

The Five C's:

The Oxford Group Program in a Nutshell

- **CONFIDENCE**
- **CONFESSION**
- **CONVICTION**
- **CONVERSION**
- **CONTINUANCE**





Dr. William Silkworth

- *Wilson's physician*
- *"The Little Doctor Who Loved Drunks"*
- *Deeply spiritual – saw Bill as "hopeless"*
- *Advised Bill to "Call on the Great Physician for help."*