<u>A "Threads of Recovery" Big Book Study Workshop: April 4 through June 27, 2022.</u>

(Page cites from <u>Alcoholics Anonymous</u>, Fourth Edition, unless otherwise noted)

"As we know, all A.A. progress can be reckoned in terms of just two words: **humility** and **responsibility**. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards. Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations—these are truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and do God's will."

Bill W. speech at GSC, 1965 (silkworth.net)

Steps One through Six grow my **humility** enough for me to try to fulfill "our real purpose"—"to fit ourselves to be of maximum service to God and the people about us". (p. 77) "That basic ingredient of all **humility**, a desire to seek and do God's will ...". (T&T, p. 72) "... **humility** ... to move out from ourselves toward others and toward God." (T&T, p. 76)

My **responsibility** to serve God and others grows in Steps Seven through Twelve: "I am **responsible**. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am **responsible**." Al S. speech at GSC, 1965

In this study we also see how seven attributes of the Twelve Step spiritual principles enable our "personality change sufficient to bring about recovery from alcoholism ..." (p. 567):

Honesty grows in us in Steps One, Two and Three, and continues forward;

Forgiveness grows in us in Steps Four and Five, and continues forward;

Trust grows in us in Steps Six and Seven, and continues forward;

Consideration grows in us in Steps Eight and Nine, and continues forward;

Love and **Tolerance** grow in us in Steps Ten and Eleven, and continue forward;

Service grows in us in Step Twelve, and continues forward in our Spiritual Awakening.

In Steps One, Two and Three, I become **honest** about my alcoholism illness and my need for a spiritual solution. *I stop separating myself from God.*

In Steps Four and Five, I see my selfish shortcomings. I begin to **trust** God to replace anger with **forgiving**; I begin to replace fear with **trust** in God; I seek God's help to be more **considerate** of others. *I stop separating myself from me.*

In Steps Six and Seven, I am **humble** enough to "let go" and **responsible** enough to "let God" remove my shortcomings. In Steps Eight and Nine, I am **responsible** for the harm I caused others—willing to make **considerate** amends. <u>I stop separating myself from others.</u>

In Step Ten, in **humility** and with **responsibility**, I try to apply throughout each day the spiritual attributes of **love** and **tolerance**—to not do the "wrong thing", amending as needed.

In Step Eleven, I seek to "improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."

I combine Step Eleven with Step Ten each day to grow my "God-consciousness". I <u>ask</u>, I <u>pause</u>, <u>I</u> "<u>do nothing</u>", in meditation and prayer, so God can disclose His will to me and so I can <u>receive</u> God's power to carry out God's will for me, to do the "right thing".

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Two "Magnificent Standards"—Humility and Responsibility—and the attributes of Love and Tolerance.

Humility and Responsibility with Love and Tolerance in Steps Ten and Eleven. (pp. I am responsible: "constantly remind ourselves we are no longer running the show, bumbly acyting to current an apply times each day. "Thy will be done."	,
 humbly saying to ourselves many times each day, "Thy will be done." (pp. "Every day is a day when we must carry the vision of God's will into all of our activities." " the way he established his relationship with God." (the "what happened") "We had a new Employer Thy Power, Thy Love and Thy Way of life." (Step 3) I use Step Ten humbly and responsibly each day. I "watch for selfishness, dishonesty, resentment and fear". I let God help me not do the next "wrong thing" and amend it when 	(p. 85) (p. 29) (p. 63)
"Much has already been said about <u>receiving</u> strength, inspiration and direction from [God] who has all knowledge and power." " something more than human power is needed" "Grant me strength, as I go out from here, to do your bidding." (Step 7) I am humble and responsible enough by now to desire to have love and tolerance for	(p.85) p. xxix) (p. 76) others.
"To some extent we have become God-conscious we must go further more action. Step Eleven suggests prayer and meditation." " consciousness of the Presence of God most important" (humility) I am responsible to try to "be of maximum service to God and the people about us."	(p. 85) (p. 51) (p. 77)
In the Spiritual Life, Meditation and Prayer teach me the Action of "Doing Nothing" "When we retire at night, we constructively review our day." This evening "reflective meditation" reviews my Step Ten work during the day. This evening quiet time closes with a "prayer for forgiveness." I "do nothing" in my evening quiet time of meditation and prayer. I ask, so that I can re	(p. 86) "
"On awakening let us think about the twenty-four hours ahead." This morning "directed meditation" begins my day by asking God: - to help me set aside "self-pity, dishonest or self-seeking motives"; - to help me with indecision; - "for inspiration, an intuitive thought or a decision". I "do nothing" in my morning meditation time. I ask, so that I can receive. I "pray" that I be given "freedom from self-will" (see Step Ten!!!) I "do nothing" in my morning prayer time. I ask, so that I can receive.	(p. 86) " " (p. 87)
 "As we go through the day we pause (do nothing), when agitated or doubtful" "agitated" is a description of an unsettled emotional state; "doubtful" is a description of an unsettled mental state; " and ask [God] for the right thought or action." I "do nothing"— I pause, in "reflective meditation" when agitated or doubtful; I "do nothing"— I "ask [God]", "pray", for an "intuitive thought' or a "decision". " humbly saying to ourselves many times each day, '[God's] will be done'." 	" (p. 87) " (p. 88)

Humbly and **responsibly**, I <u>ask</u> God to help me "<u>do nothing</u>", to <u>pause</u>. I <u>receive</u> God's will and God's power. My **love** and **tolerance** for others grows with God's will and God's power.

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Observations: Humility and Responsibility with Love and Tolerance in Steps Ten/Eleven.

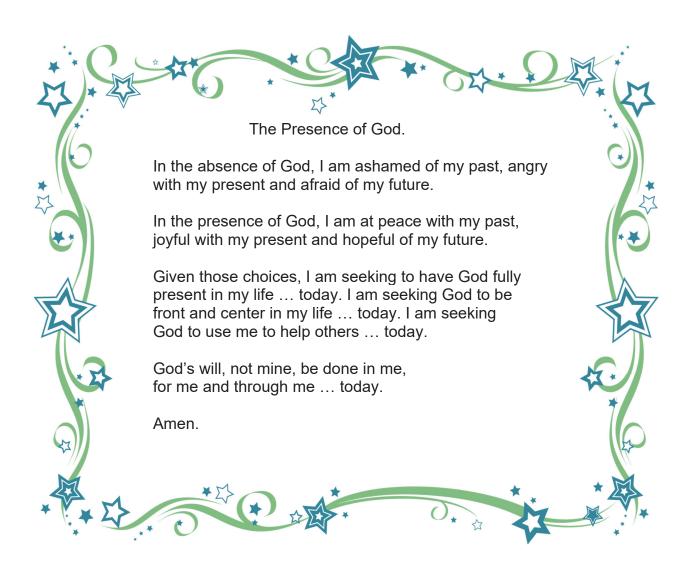
- "... he failed to enlarge his spiritual life." (p. 35)
 Taking the first drink is a failure of **humility** and **responsibility** in my *sobriety*. Failure in my *spiritual recovery* program is the failure of my **humility** and **responsibility** to "enlarge", to grow, my spiritual life—to ask for, pause and receive, God's will.
- 2. Prayer and meditation work when I have the "proper attitude" and "work at it". (p. 86) "When these crop up": my selfishness, dishonesty, resentment or fear go from a desire to a feeling to an action. They have "cropped up"! They are no longer hidden away inside me—they are visible and still growing! I humbly (attitude) <u>ask</u> God at once to remove them. I <u>receive</u> God's will. I responsibly ("work") discuss them, making amends if needed. I resolutely ("work") turn my thoughts in love and tolerance to someone I can help.
- 3. In **humility** and with **responsibility**, I repeatedly <u>ask</u> <u>God</u> for three things: <u>guidance</u>, <u>forgiveness</u> and <u>correction</u> (<u>amends</u>). With Step Ten, I <u>ask</u> <u>God</u> to help me watch for and amend "wrong actions". God's <u>received</u> will discloses my "wrong actions" "objectionable" results of my shortcomings not in line with God's will for me, i.e., drinking, lying, cheating, stealing, being inconsiderate, blaming, shaming, etc.
- 4 . I don't always know the "right things"—God's will—for me to do. Step Eleven changes my heart, as I <u>ask</u> God to help me "do nothing" in my meditation and prayer time. I <u>pause</u> to <u>receive</u>. I let God disclose the "right thing" to do—with a **loving** and **tolerant** attitude for all.
- 5. Steps Ten and Eleven limit me, re-direct me and guide me to grow my God-consciousness. I **humbly** submit my will to God's will when I <u>ask</u> to receive God's will. I am **responsible** to learn to grow my God-consciousness, my real source of power and inspiration, my real source of **love** and **tolerance** for all. I "do nothing" in my moments of quiet time and <u>pause</u> time of prayer and meditation. I <u>pause</u>—I ask—I "do nothing"—I receive God's will for me.
- 6. "Meditating" on "my will" yields "restless, irritable and discontent" thoughts and feelings. Meditating, "doing nothing", asking for God's direction for my thinking, yields peace and serenity. Praying, asking for God's power to enable my actions, yields "right" actions.
- 7. The key to *reflective* and *directed* meditation: "relax and take it easy" i.e., "do nothing".
- 8. "To wait" is often different from "to <u>pause</u>". "To wait" means I may have an outcome in mind and I am waiting for God (and others)! to "do it my way". "To <u>pause</u>" means I am <u>asking</u> to <u>receive</u> God's will and God's power—being open-minded to God's outcome, not mine.
- 9. With Step Eleven, I end my day, begin my day and pause during my day in meditation and prayer. I <u>ask</u> for God's help in **humbly** reviewing my day—I <u>ask</u> to receive God's help to responsibly begin my day—in **humbly** and responsibly <u>pausing</u> throughout my day. I grow my spiritual life, my "God-consciousness", as I <u>pause</u>, ask for and receive God's will.
- 10. With Step Eleven, I take my eleventh risk in the Spiritual Awakening of my recovery from alcoholism. I "pause, when agitated or doubtful, and ask [God] for the right thought or action ..." not knowing what God's answer will be. *My spiritual life grows in the uncertainty.*

Next Time: Humility and Responsibility in Service with Step Twelve.

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