

**TWO “MAGNIFICENT STANDARDS”—HUMILITY AND RESPONSIBILITY—
and SEVEN ATTRIBUTES of our SPIRITUAL AWAKENING.**

A “Threads of Recovery” Big Book Study Workshop: April 4 through June 27, 2022.

(Page cites from Alcoholics Anonymous, 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 produce enough **humility** in us for us 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)

Our **responsibility** grows in Steps Seven through Twelve. We become responsible to share our spiritual awakening with alcoholics—try to practice these principles in all our affairs.

“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 **trust** God to “save me from being angry”—**forgiving**; to remove my fear ... what God “would have [me] be”; to “mold [my] ideals / help [me] live up to them”—**considerate** of others. I stop separating myself from me.

In Steps Six and Seven, I **humbly** “let go” and **responsibly** “let God” remove my shortcomings.

In Steps Eight and Nine, I take **responsibility** for the harm my shortcomings caused others—willing to make **considerate** amends to them. I stop separating myself from others.

In Step Ten, in **humility** and with **responsibility**, I apply throughout each day the spiritual principles of Steps One through Nine as I grow spiritually in “the world of the Spirit”:

“Continued to take personal inventory and when we were wrong promptly admitted it.”

*In Step Ten, the “promises” continue to “materialize” in my life. I **humbly** seek God’s help to live **responsibly**. I desire to live in our code: “**Love and Tolerance** of others”.*

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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 Step Ten.

“... extravagant promises ... will always materialize if we work for them. This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along.” (p. 84)

The Step Ten discussion begins with an alert, a caution. If I desire to continue to live in relief from my “bondage of self”, *I must **humbly** continue self-examination, **responsibly** admit my shortcomings that block me from God and amend my mistakes each day.*

“**We have entered the world of the Spirit.**” (p. 84)

I **humbly** enter “the world of the Spirit” in Step Three: “... all sorts of remarkable things followed. We had a new Employer.” (p. 63) In **humility**, I come further into “the world of the Spirit” by Step Five: “We begin to feel the nearness of our Creator.” (p. 75)

*Step Ten gives me another choice. Do I want to continue to live and grow **humbly** and **responsibly** in “the world of the Spirit” ... or slip back into life in the “bondage of self”?*

“**Our next function is to grow in understanding and effectiveness.**” (p. 84)

“Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we God at once ... we discuss them with someone immediately ... make amends quickly ... resolutely turn our thoughts to someone we can help.”

*I am **responsible** to “watch for” my selfishness throughout each day, to grow in my spiritual awakening—“at once”, “immediately”, “quickly”, “resolutely”—by **humbly** asking God and others for help. I am **responsible** to **humbly** try to help someone else each day.*

“**Love and tolerance of others is our code.**” (p. 84)

Our code is consistent with our “real purpose ... to fit ourselves to be of maximum service to God and the people about us”. (p. 77) My “self-will run riot” is replaced with a **humble** desire to **trust** God, to be **honest**, **forgiving** and **considerate** with myself and others.

*I seek to **love** others as God loves me—wanting God’s will and God’s “best” in their life as I do in my own. I seek to be **tolerant** of others—to not interfere with how God’s will and God’s love for them materializes in their life. I learn to accept differences, to disagree agreeably.*

“**We have ceased fighting ... so long as we keep in fit spiritual condition.**” (pp. 84-85)

I have become **responsible** and **humble** enough to even cease fighting myself!

*Sanity, my ability to make healthy choices with **love** and **tolerance**, has been restored.*

“**We are not cured of alcoholism.**” (p. 85)

I have but a **humble** daily reprieve from my unlimited, un-guided “self-will run riot”.

*I am **responsible** for my part of the maintenance (growth) of my spiritual condition.*

“**Thy will (not mine) be done ... it is the proper use of the will.**” (p. 85)

Step Ten instructs me, limits me, re-directs me and guides me in living daily in **humility** (“to move out from ourselves toward others and toward God”) and **responsibility** (“willingness to accept and act upon clear-cut obligations”).

*I seek God’s will to guide my will. I am **responsible** to watch myself each day. I **humbly** use the daily prayers and and daily actions of Step Ten to **love** and **tolerate** myself and others.*

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Observations on Humility and Responsibility with Love and Tolerance in Step Ten.

1. “The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.” (p. 25)
“Our Creator” enters my life so that I can **humbly** enter the “world of the Spirit” and live **responsibly** with **love** and **tolerance** for others as well as myself.
2. “God is everything or else [God] is nothing. God either is, or [God] isn’t. What was our choice to be?” (p. 53)
Steps One through Nine open my eyes to the God of my understanding. I see that my shortcomings are blocking me from God’s Power in my life. In Step Ten, I grow in **humility** and **responsibility** with the God of **love** and **tolerance**, for me and for others.
3. “First of all, we had to quit playing God. It didn’t work.” (p. 62)
I have entered “the world of the Spirit”. I am free from the bondage of alcohol and the bondage of self. I am willing to be **responsible** for my part in my “daily reprieve”—**humble**, continuous self-examination, recognition of right-doing and amending my wrongs.
4. “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.” (p. 63)
I **humbly** realize in Step Ten that my spiritual capacity is governed by God’s power, not my ability. I am **responsible** to let God help me stop choosing the “wrong” thing, the “objectionable” thing. God’s “good” things, such as **love** and **tolerance** of others, become a part of me. I am no longer in bondage to my “self-will run riot”.
5. “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” (p. 77)
I **humbly** try to trust God first. I **responsibly** try to put God’s will first.
6. “We feel that a man is unthinking when he says that sobriety is enough.” (p. 82)
In Step Ten, I am living life restored to sanity in more ways than the sanity of not taking the first drink. Early in recovery I learned “that real **tolerance** of other people’s shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs” (**love**). (pp. 19-20)
7. Spiritual attributes such as **honesty, forgiveness, trust, consideration, love, tolerance** and **service** have two things in common: first, they enable me to become **humble**, to stop separating myself from God, myself and others; second, they inspire a desire in me to be **responsible** for my part to increase the health of every one of my relationships.
8. I have entered the “world of the Spirit”. God is not obligated to do things my way. I am obligated to be **humble** enough and **responsible** enough to ask God to help me treat all other people, as well as myself, with **love** and **tolerance**.
9. In Step Ten, I take my tenth risk in the Spiritual Awakening of my recovery from alcoholism. I live with less selfishness, dishonesty, resentment and fear—so I can be **loving** and **tolerant**.

Next Time: Humility and Responsibility with Love and Tolerance in Step Eleven.