

## **AA ON THE ROCKS JULY 2023 STEP-STUDY SERIES.**

(Quotes from Alcoholics Anonymous, Fourth Ed., except where noted) (Bold type mine)

**July 26, 2023.** **Steps Ten, Eleven and Twelve.** *I continue to live sober one day at a time as I seek to live in God's will and try to serve others.*

Steps One through Nine have established my spiritual foundation for living. The promises of sobriety and spiritual recovery are coming true in my life, one day at a time. (See Step Three promises, p. 63; Step Five promises, p. 75; Step Nine promises, pp. 83-84.)

"... these promises ... will always materialize **if we work for them.**" (p. 84)

**Step Ten.** "This thought brings us to *Step Ten*, which suggests we **continue** ... and **continue** ...

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should **continue** for our lifetime." "

"**Continue** to watch for selfishness, dishonesty, resentment and fear." "

"When these crop up, we ask God at once to remove them,  
We discuss them with someone immediately and make amends quickly if we have harmed anyone.

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

"**Love and tolerance of others is our code** ... we have ceased fighting ..." "

Step Ten promises on pp. 84-85.

Step Ten warning on p. 85: "We are not cured ... we have a daily reprieve ..."

"How can I best serve Thee—Thy will (**not mine**) be done." (p. 85)

**Step Eleven.** "*Step Eleven* suggests prayer and meditation ... **if we ... work at it.**" (p. 85)

"When we retire at night, we constructively review our day." (p. 86)

"We ask God's forgiveness ..."

"On awakening ... we ask God to direct our thinking ... divorced from self-pity, dishonest or self-seeking **motives.**" "

"In thinking about our day ... we ask God for inspiration, an intuitive thought or a decision." "

"We usually conclude the period of meditation with a prayer ..." (p. 87)

"We may ask for ourselves, however, if others will be helped." "

"Make use of what [religious people] have to offer." "

"As we go through the day we pause, when agitated or doubtful, and ask [God] for the right thought or action." "

Step Eleven promises on pp. 86-88.

Step Eleven warning on p. 88: "We alcoholics are undisciplined."

"**Thy will be done.**" (p. 88)

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**Step Twelve.** "Having had a spiritual awakening as the result of these steps,  
we tried to carry this message to alcoholics,  
and [we tried] to practice these principles in all our affairs." (p. 60)

**"Working with Others"** (pp. 89-103). "...**we tried** to carry this message to alcoholics ..."

Chapter 7 is in two parts. *Pages 89 to 96 guide us in our first visit with a newcomer:*

"To be helpful is our only aim." (p. 89)

"... talk to him about the hopelessness of alcoholism ... you offer a solution." (p. 92)

"*Tell him exactly what happened to you ... he does not have to agree with your conception of God.*" (p. 93)

"*The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.*" "

"Outline the program of action ... self-appraisal ... straightened out your past ... now endeavoring to be helpful to him." (p. 94)

*Pages 96 to 103 guide us in on-going "sponsorship":*

"The only condition is that he trust in God and clean house." (p. 98)

"Both you and the new man must walk day by day in the path of spiritual progress." (p. 100)

"Your job now is to be at the place where you may be of maximum helpfulness ..." (p. 102)

.....  
"... and [**we tried**] to practice these principles in all our affairs."

**"To Wives"** (pp. 104-121). *Active alcoholism in the marriage ... and the spiritual solution!*

"... no situation is too difficult and no unhappiness too great to be overcome." (p. 104)

**"The Family Afterward"** (pp. 122-135) *New recovery in the family ... and the spiritual solution!*

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

**"To Employers"** (pp. 136-150) *Lack of understanding in workplace ... and the spiritual solution!*

"I did not understand alcoholism ... recovery above everything ..." (p. 137, p. 143)

**"A Vision for You."** (pp. 151-164) *AA Fellowship, Program and God ... the spiritual solution!*

"... escape disaster together ... commence ... your common journey." (pp. 152-153)

"God will constantly disclose more to you and to us." (p. 164)

.....  
*I try to practice these spiritual principles of the Twelve Steps in all my relationships each day:*

**Be willing**—admit my powerlessness; not live in delusion that I don't need help from God.

**Be honest**—about my need for God's help and that I need to seek God's help each day.

**Be open-minded**—to seek and receive spiritual help on God's terms and time, not mine.

**Continue daily self-exam** to limit my selfishness, dishonesty, resentments and fears;  
to guide me away from "self-will run riot" towards God's will.

**Be responsible and accountable** for admitting and amending my wrong words and deeds.

**Seek** to keep God in the center of my life all day every day—"Thy will be done".

**Try** to be of maximum service to God and the people about me—often by saying nothing!!!