

AA ON THE ROCKS JULY 2023 STEP-STUDY SERIES

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

“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body.” (p. xiii)

July 5, 2023. Steps One, Two and Three. Information about my Illness.
“Big Book” pp. i-63. My Need for Spiritual Help.
My Decision: Seek Spiritual Help.
Step Three Promises and Prayer.

Step One. Information about my Illness—“powerless” and “unmanageable”.

“The delusion ... has to be smashed.” (p. 30)
“Men and women drink ... they like the effect produced by alcohol.” (p. xxviii)
“... cannot start drinking without developing the phenomenon of craving.” (p. xxx)
“I still thought I could control the situation.” (p. 5)
“The remorse, horror and hopelessness of the next morning are unforgettable.” (p. 6)
“... lose all control of his liquor consumption, once he starts to drink.” (p. 21)
“... the main problem of the alcoholic centers in his mind ...” (p. 23)
“... great obsession ... this illusion ... **delusion ... has to be smashed.**” (p. 30)
(Chapter 3 includes five “stories” about the delusion of control!)
“... doomed to an alcoholic death or to live on a spiritual basis ...” (p. 44)
“Selfishness—self-centeredness! That, we think, is the root of our troubles.” (p. 62)
“... alcoholic is an extreme example of self-will run riot ... he doesn’t think so.” “

Step Two. My Need for Spiritual Help—my “solution” to “my problem”.

“... find a Power greater than yourself which will solve your problem.” (p. 45)
“... more than human power is needed to produce the ... psychic change.” (p. xxix)
“... though perhaps he came to scoff, he may remain to pray.” (p. xxxii)
“... God personal to me ...I didn’t like the idea.” (p. 12)
“*There is a solution ... accept spiritual help.*” (p. 25)
“... directions ... how we recovered ... relationship with God.” (p. 29)
“... even willing to believe that there is a Power greater than myself?” (p. 47)
“God either is, or He isn’t. What was our choice to be?” (p. 53)

Step Three. My Decision: Seek Spiritual Help—“care of God”.

“When we drew near to Him He disclosed Himself to us.” (p. 57)
“Rarely have we seen a person fail who has thoroughly followed our path.” (p. 58)
Failure in AA: “... failed to enlarge his spiritual life ...” (pp. 14-15, p. 35)
“Neither could we reduce our self-centeredness ... we had to have God’s help.” (p. 62)
“... we had to quit playing God ... God ... our Director ... a new Employer.” (pp. 62-63)
Step Three Promises. (p. 63)
Step Three Prayer. (p. 63)

Next Time: Steps Four and Five—use spiritual help to learn what in me blocks me from seeking and receiving spiritual help!