

I'd would like to welcome everyone to the
Beginners "Big Book" Step Meeting

Tonight we will take steps 8, 9 and 10

My name is _____
and I'm a recovered alcoholic.

My sobriety date is _____
and for that I am truly grateful.

(Introduce 2nd reader _____)

Let's take a moment of silence and I will open
this meeting with the Set Aside Prayer.

I will ask God to helps us set aside everything
we think we know so we may have an open
mind and a new experience

“God, Please help US set aside everything WE think we know about ourself, the 12 Steps, the Big Book, the meetings, our alcoholic illness, and you God, so WE may have an open mind and a new experience with all these things. Please let US see the truth.”

Amen

Let's go to page 59 and read step 8



Page 59

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all



Let's go to page 76, paragraph 3



page 76, paragraph 3

“Now we need more action, without which we find that ‘Faith without works is dead.’ Let’s look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends.

We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.

If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.



We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past.

If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

My Question: Have you a list of all persons you have harmed and to whom you are willing to make amends?

My Question: Did you subjected yourself to a drastic self-appraisal?

Step 8 has 2 parts

1. Made a list of all persons we had harmed
2. Became willing to make amends to them all

So, the 1st half of step 8 is already done.

You made your list in step 4.

The 2nd half is WILLINGNESS

In the last quote from the Big Book, there's a prayer..... If we haven't the will to do this, we ask until it comes.

Remember it was agreed at the beginning we would go to any lengths for victory over alcohol

Now we need to pray for the willingness to make amends to them all

WE are now going to pray for the WILLINGNESS to make amends to them all

Let's have **moment of silence** as we ask God for the willingness to make amends to them all

According to the "Big Book" authors, you have taken Step 8!

**ARE THERE ANY QUESTIONS
OR COMMENTS FOR STEP 8?**

Let's read step 9 on page 59



page 59

Step 9

Made direct amends to such people, wherever possible, except when to do so would injure them or others



Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all.

Our behavior will convince them more than our words.

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.

If we haven't the will to do this, we ask until it comes.

Let's go to page 76, paragraph 4



Page 76, paragraph 4

“Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis.

Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

We might prejudice them. At the moment we are trying to put our lives in order. But this is not an end in itself.

Our real purpose is to fit ourselves to be of maximum service to God and the people about us.

It is seldom wise to approach an individual, who still smarts from our injustices to him, and announce that we have gone religious.

In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatics or religious bores?

We may kill a future opportunity to carry a beneficial message.

But our man is sure to be impressed with a sincere desire to set right the wrong.

He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.”



“Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis.

Item 1 - Resentments

My Question: Are there still some misgivings?

In the last quote the Big Book Authors are telling us what are REAL PURPOSE IN LIFE IS, not my purpose in AA --- BUT MY PURPOSE IN LIFE

Now we have purpose and meaning in life today

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.”

My Question: Do you have sincere desire to set right the wrong?

Let's go to page 77, 1st paragraph



page 77, 1st paragraph

We don't use this as an excuse for shying away from the subject of God. When it will serve any good purpose, we are willing to announce our convictions with tact and common sense.

The question of how to approach the man we hated will arise. It may be he has done us more harm than we have done him and, though we may have acquired a better attitude toward him, we are still not too keen about admitting our faults.

Nevertheless, with a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.



Step 9 directions:

We go to him in a helpful and forgiving spirit,
confessing our former ill feeling and
expressing our regret.

Let's go to page 77, 2nd paragraph



page 77, 2nd paragraph

Under no condition do we criticize such a person or argue. Simply tell him that we will never get over drinking until we have done our utmost to straighten out the past.

We are there to sweep off our side of the street, realizing that nothing worth while can be accomplished until we do so, never trying to tell him what he should do.

His faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.



Step 9 directions:

Under no condition do we criticize such a person or argue. His faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.

Let's go to page 66, 4th paragraph



page 66, 4th paragraph

This was our course: We realized that the people who wronged us were perhaps spiritually sick.



My Question: Would you agree?

Let's go to page 67, top of the page



page 67, top of the page

Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too.



My Question: Would you agree?

Let's continue with the quote on page 67

This is the 4th step Prayer

page 67, top of the page



page 67, top of the page

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.

When a person offended we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.”

We avoid retaliation or argument. We wouldn’t treat sick people that way. If we do, we destroy our chance of being helpful.

We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.



**ARE THERE ANY QUESTIONS OR
COMMENTS ABOUT RESENTMENTS?**

Remember the quote
on page 64, paragraph 3?
Let's go there NOW



page 64, paragraph 3

Resentment is the “number one” offender. It destroys more alcoholics than anything else.

From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

When the spiritual malady is overcome, we straighten out mentally and physically.



What is the spiritual malady?

Let's go to page 62, paragraph 1



page 62, paragraph 1

Selfishness--self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.

Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making.

They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kill us!



Item 2 - Money

Let's go to the second paragraph on page 78



second paragraph on page 78

“Most alcoholics owe money. We do not dodge our creditors. Telling them what we are trying to do, we make no bones about our drinking; they usually know it anyway, whether we think so or not.

Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm. Approached in this way, the most ruthless creditor will sometimes surprise us.

Arranging the best deal we can we let these people know we are sorry. Our drinking has made us slow to pay. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.”



Step 9 directions:

Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm.

We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.”

**ARE THERE ANY QUESTIONS
OR COMMENTS ABOUT
MAKING AMENDS FOR MONEY?**

Item 3 - Criminal Offenses

Let's go to the page 78 3rd paragraph



page 78 3rd paragraph

Perhaps we have committed a criminal offense which might land us in jail if it were known to the authorities.



My Question: Would you agree?

Let's go to first paragraph on page 79



first paragraph on page 79

“Although these reparations take innumerable forms, there are some general principles which we find guiding.

Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be.

We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.”



Prayer to Remove Fear

Let's go to page 68 3rd paragraph



page 68 3rd paragraph

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness.

Paradoxically, it is the way of strength.

The verdict of the ages is that faith means courage. All men of faith have courage.

They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do.

We ask Him to remove our fear and direct our attention to what He would have us be.

At once, we commence to outgrow fear.



We ask Him to remove our fear and direct our attention to what He would have us be.

At once, we commence to outgrow fear.

WOW!

What a promise!

Item 4 - Sex Relationships

Please note: The Big Book was written by men for men. Use the appropriate gender for this example

Let's go to page 80, 5th paragraph



page 80, 5th paragraph

The chances are that we have domestic troubles. Perhaps we are mixed up with women in a fashion we wouldn't care to have advertised.



My Question: Would you agree?

Prayer for Sex Amends

Let's go to page 69, 2nd paragraph



page 69, 2nd paragraph

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test--was it selfish or not?

We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.



We subjected each relation to this test--was it selfish or not?

Let's go to page 70, 2nd paragraph



page 70, 2nd paragraph

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.

If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves.

It quiets the imperious urge, when to yield would mean heartache.



If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves.

Step 9 directions

Let's go to page 80, 1st paragraph



page 80, 1st paragraph

Before taking drastic action which might implicate other people we secure their consent.

If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.



Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all.

So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. The spiritual life is not a theory. We have to live it.

page 83, 2nd paragraph 5 lines down



page 83, 2nd paragraph 5 lines down

Our behavior will convince them more than our words. We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone.

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could.

Some people cannot be seen--we sent them an honest letter. And there may be a valid reason for postponement in some cases.

But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.



Our behavior will convince them more than our words.

We should be sensible, tactful, considerate and humble without being servile or scraping.

As God's people we stand on our feet; we don't crawl before anyone.

We will be amazed before we are half way through making our amends

Let's go to page 83, 4th paragraph

these are the 9th step promises



page 83, 4th paragraph

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.



My Question: Do you want this experience?

Yes, there is a long period of reconstruction ahead. We must take the lead. Our behavior will convince them more than our words.

Finish your amends and you will have completed step 9!

This is the freedom step!

**ARE THERE ANY QUESTIONS OR
COMMENTS ABOUT THE 9TH STEP?**

Let's go to page 85, 1st paragraph



page 85, 1st paragraph

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

Every day is a day when we must carry the vision of God's will into all of our activities.

"How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly.

We can exercise our will power along this line all we wish. It is the proper use of the will.



We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition

A daily reprieve... living 1 day at a time!

A reprieve means to give relief or postpone, delay for a time

Let's read what the Big Book's DEFINITION of our spiritual condition

Let's go to page 84, 3rd paragraph



page 84, 3rd paragraph

And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically.

We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation.

We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.



Lets read step 10 on page 59



page 59

Step Ten

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



The Tenth Step is practicing Steps 4 thru 9 on a daily basis

The key to the Tenth Step is the word "continued"

second paragraph on page 84



second paragraph on page 84

“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.

We vigorously commenced this way of living as we cleaned up the past. 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.”



“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.

My Question:

Are you willing to do this?

We vigorously commenced this way of living as we cleaned up the past.

My Question:

Are you willing to do this?

on page 84, paragraph 2
7 lines up from the bottom

it starts with **CONTINUE TO WATCH FOR...**



page 84, paragraph 2 -
7 lines up from the bottom

“...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.”



So we have 4 spiritual practices during the day: WATCH - ASK - DISCUSS - TURN

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

Provided you have DONE steps 1 - 10 you will experience the 10th step promises and our **sanity will have returned**

“And we have ceased fighting anything or anyone – even alcohol. **For by this time sanity will have returned.**

Lets do a check list for the steps so far

Had a 1st step EXPERIENCE, no human power can keep us sober

Found a power greater than yourself in step 2

Made a decision to give my life to the care
God of my understanding in step 3

In Step 4 and 5: Did an inventory and shared
it with another person and God

Took the exact NATURE of my wrongs to
steps 6 and 7

Step 8: Compile my harm list from my
inventory and have the willingness to make
amends

Step 9: Began making my AMENDS

Began practicing the 10th step DURING THE
DAY

----- Let's read the 10th Step promises!

third paragraph on page 84,



third paragraph on page 84

“And we have ceased fighting anything or anyone – even alcohol. **For by this time sanity will have returned.** We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. **We react sanely and normally,** and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes!

That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead the problem has been removed. **It does not exist for us.** We are neither cocky nor or we afraid. **That is our experience.** That is how we react so long as we keep in fit spiritual condition.”



On page 85, paragraph 2 we have more promises!



page 85, paragraph 2

“Much has already been said about receiving strength, inspiration, and direction from him who has all knowledge and power.

If we have carefully followed directions, we have begun to sense the flow of his spirit into us. To some extent we have become God-conscious.

We have begun to develop this vital sixth sense. But we must go further and that means more action.”



**We have begun to develop
this vital sixth sense.**

“Much has already been said about receiving strength, inspiration, and direction from him who has all knowledge and power.

If we have carefully followed directions, we have begun to sense the flow of his spirit into us.

The directions for taking the 10th Step is in
the 2nd paragraph on page 84,
starting with the second line



2nd paragraph, page 84, the 2nd line

“...we continue to take personal
inventory and continue to set right any new
mistakes as we go along.”



Will those who are ready to take the Tenth Step

Please stand

This is the Tenth Step question

“Will you continue to take personal inventory and continue to set right any new mistakes as you go along?”

Those that answered “Yes” to this question have taken Step Ten!

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

This concludes our presentation of the Steps
8, 9 and 10

Next week we will take steps 11 and 12

Any men or women who want to take the 12 steps please see the sharing partners after the MEETING CLOSES WITH THE LORD'S PRAYER.

Any men or women who want to take the 12 steps please connect with a sharing partner.

A sharing partner can work with you on a 1 to 1 basis so you can take all 12 steps!

Who want's a sharing partner?

Remember, this Group takes all 12 steps every month at the group level. Starting with steps 1, 2 and 3 on the first Sunday of EVERY month.

Will the sharing partners who want work
with others please stand and INTRODUCE
YOURSELF and remain STANDING

In honor of our AA pioneers, and in the old
tradition, we will simply stand WITHOUT
HOLDING HANDS, and close this meeting
with the Lord's Prayer