

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

**Tonight we will take steps 11 and 12**

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*

Lets read step 11 on page 59



**page 59**

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



Prayer is talking to God, and meditation is listening to God. The 2 things you need to have a RELATIONSHIP is “talking” and “listening”!

For those who want too, in tonight’s session, we will take a 5 minute QUIET TIME to practice meditation and to improve our conscious contact with God as you understand Him

In addition, you will be helping those who are still struggling with the Eleventh Step to see how God “disclose(s) Himself to us

When we look in the “Big Book” for passages that refer to guidance, we find there are at twenty of them

Every time the book says “we ask God” it indicates reference to prayer

We have been reading about two-way prayer throughout the book

Now it's time to learn to LISTEN to our Higher Power

On the last two lines on page 85, we are advised to conduct an Eleventh Step on a regular basis



**last two lines on page 85**

“Step Eleven suggests prayer and meditation. We shouldn’t be shy on this matter of prayer. Better men than we are using it constantly.

It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.”



Of, course there are countless ways to prayer and meditate, however the Big Book Authors suggest we try following these instructions on how to practice two-way prayer

At night, we review the day's activities





At night, we review the day's activities for step 11. Remember a question mark is considered a STOP sign the Big Book, stop and ask yourself the question!

Were we resentful, selfish, dishonest or afraid?

This paragraph contains the 3rd reference for the AA test for self-will

Nevertheless, it is still the opposite of the test for God's will based on the **4 ABSOLUTES** of Honesty, Purity, Unselfishness and Love.

For example: The opposite of dishonesty is HONESTY.

Do we owe an apology?

Have we kept something to ourselves which should be discussed with another person at once?

Were we kind and loving toward all?

What could we have done better?

Were we thinking of ourselves most of the time?

Or were we thinking of what we could do for others, of what we could pack into the stream of life?

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

When we retire at night, we take this INVENTORY on a daily basis!

1 day at a time!

In the last quote from the Big Book, it says:

After making our review we ask God's forgiveness and inquire what corrective measures should be taken."

The word “INQUIRE” is reference to meditation.

We ask God in meditation what corrective measures should be taken.

We write down the thoughts, images, sounds and feelings we receive.

Then we take action on the guidance that comes from “infinite God rather than our finite selves.”

If your guidance has one of the liabilities of Dishonesty, Resentful, Selfish OR Fearful, it is SELF-WILL directed guidance.

If what we have written IN YOUR guidance passes ALL 4 ABSOLUTES of honesty, purity, unselfishness and love, these messages are God directed guidance.

We can use this test to examine what we put on paper during our “quiet times”

It is essential that we “sit quietly,” especially during periods of stress or uncertainty, so we can clearly hear what God has to say.

When we retire at night, we constructively review our day.

**ARE THERE ANY  
QUESTIONS OR COMMENTS  
FOR THE EVENING REVIEW?**

Please establish a meditation life, practice,  
practice, practice!

Take time to develop your relationship with  
the GOD OF YOUR UNDERSTANDING!

Try it for 1 week!

Take 5 to 10 minutes every evening to  
practice the 11th step.

Ask yourself the question for the evening  
review.

In the 2nd paragraph on page 86 we're provided with directions for conducting a morning "quiet time" for step 11

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**2nd paragraph on page 86**

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.

Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use.

Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives."

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Let's look at the sentence beginning with,  
"Before we begin, we ask God to direct our  
thinking..."

These words are very important. "Before we  
begin," – before we begin what? Before we  
begin listening to God

How do we know we're suppose to listen to  
God? Because, right afterward it says, "we  
ask God to direct our thinking.

So, doesn't it stand to reason that our next  
thoughts are going to be from our Higher  
Power?

We write down the thoughts, images, sounds and feelings we receive.

Then we take action on the guidance that comes from “infinite God rather than our finite selves.”

If the “One who has all Power” is going to supply us with “the right answers,” wouldn’t it be a good idea to jot them down so we don’t forget them?

Our early AA pioneers constantly wrote down the guidance and direction they received during their “Quite time”

They found it very effective. With time and practice we will begin to trust “our vital sixth sense, our God-consciousness”

If your guidance has one of the liabilities of Dishonesty, Resentful, Selfish OR Fearful, it is SELF-WILL directed guidance

We can use this test to examine what we put on paper during our “quiet times”

The guidance must pass ALL 4 ABSOLUTES too be considered guidance from your Higher Power of your understanding.

The 4 absolutes are HONESTY, PURITY (motive), UNSELFISHNESS and LOVE.

If you still question the guidance, ask your sponser or sharing partner.

We end our morning “prayer and meditation” by asking our Higher Power to show us, all day long, what to do and how to do it.

**ARE THERE ANY  
QUESTIONS OR COMMENTS  
FOR THE MORNING MEDITATION?**

AGAIN, please establish a meditation life,  
practice, practice, practice!

Take time to develop your relationship with  
the GOD OF YOUR UNDERSTANDING!

Try it for 1 week! Take 5 to 10 minutes every  
MORNING to practice the 11th step.

Write down your guidance, AND apply the 4  
absolutes.

Let's go to the third paragraph on page 86



**third paragraph on page 86**

“In thinking about our day we may face indecision. We may not be able to determine which course to take.

Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy. We don't struggle.

We are often surprised how the right answers come after we have tried this for a while.”



God is going to speak to us through  
“inspiration, an intuitive thought, or a  
decision”

In thinking about our day we may face  
indecision. We may not be able to determine  
which course to take.

Here we ask God for inspiration, an intuitive  
thought or decision. We relax and take it easy.  
We don't struggle.

**ARE THERE ANY  
QUESTIONS OR COMMENTS  
FOR THINKING ABOUT OUR DAY?**

Let's go to the first sentence on page 87



**first sentence on page 87**

“What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times.

We might pay for this presumption in all sorts of absurd actions and ideas.

Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.”





To protect ourselves from “absurd actions and ideas,” we test our GUIDANCE, with the 4 ABSOLUTES of Honesty, Unselfishness, Purity and Love

The guidance must pass ALL 4 ABSOLUTES too be considered guidance from your Higher Power of your understanding

If you still question the guidance, ask your sponser or sharing partner

In the 1st paragraph, page 87  
we are urged to pray:



**1st paragraph, page 87**

“We usually conclude that period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.

We ask especially for freedom from self-will, and are careful to make no request for ourselves only.

We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why. ”



Starting with the 3rd paragraph on page 87,  
it's suggested that we take a "quiet time"  
every time we are troubled or confused

We relax and listen for guidance and  
direction.

This is the 11th step promises!



**3rd paragraph page 87**

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day. ‘Thy will do done.’

We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient.

We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.” **“It works – it really does.”**



## 11th step directions

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day. ‘Thy will do done.’

## AND WE QUIT PLAYING GOD!

We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.” **“It works – it really does.”**

Starting with the second paragraph on page 88, we are told once again, that we need our Higher Power's help



**second paragraph on page 88**

“We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

But this is not all. There is action and more action. Faith without works is dead.”



**ARE THERE ANY  
QUESTIONS OR COMMENTS?**

We will NOW take 5 minutes of “quiet time” so that each of us can make contact with our Higher Power and write down the guidance we receive.

Only share what you have written.

For those who want to take a 5 minute QUIET TIME, do you have paper and pens?

We realize these messages can be very personal and are normally discussed with only your sponsor or sharing partner.

However, if you believe the Group can benefit from what you have received; we are asking you to share it with us after the the 5 minutes is up.

In addition, you will be helping those who are still struggling with the Eleventh Step to see how God discloses Himself to us.



Remember, we are listening to Higher Power not just praying.

If you seek specific guidance, ask your Higher Power NOW.

Guidance can consist of thoughts, images, sounds or feelings.

Please write down EVERYTHING that goes thru your mind.

Again, no editing, write it all down!

After the 5 minutes is over, we check our guidance by the 4 ABSOULTES.

Only share what you have written. Please refrain from elaboration or explaining your guidance.

When we finish our “quiet time,” we check what we have put on paper.

**ARE THERE ANY  
QUESTIONS OR COMMENTS  
FOR THE 5 MINUTE MEDITATION?**

Sometimes guidance was meant for someone else to hear. That is called 3-way prayer. If you hear guidance that has meaning to you, write that down and share with the group.

If your guidance has one of the liabilities of Dishonesty, Resentful, Selfish OR Fearful, it is SELF-WILL directed guidance.

If what we have written IN YOUR guidance passes ALL 4 ABSOLUTES of honesty, purity, unselfishness and love, these messages are God directed guidance.

This is a spiritual exercise NOT a mental one.

I will say a prayer, then we will start 5 minutes of silence and write down our guidance.

God, During this Quiet time I pray  
that my writing will reflect that my life  
is presently being guided by  
unselfishness, honesty, purity and love

I pray to now open myself to  
receive your guidance and direction

I pray for the will to take your direction,  
in a timely manner, that I may continue  
to grow spiritually and experience a  
profound life of serenity and joy.

Amen

Let's take 5 minutes to be quiet

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Who's willing to share what they have written down?

Only share what you have written.

Has anyone heard any thing that was meant for them or has some meaning to them?

Thankyou

Whether you shared  
guidance or listened to  
others share their  
guidance, you have  
“taken” Step Eleven!

The Big Book Authors are directing us to seek through prayer and meditation to improve your conscious contact with God as you understand Him

Please take 5 minutes of your day every morning and night to have a QUIET TIME with God of your understanding.

**ARE THERE ANY QUESTIONS OR  
COMMENTS FOR STEP 11?**



Lets read the 12th Step on page 60



**page 60**

Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”



*Having had a spiritual awakening as the result of these steps .... the greatest promise in the Big Book!*

Now that we've made conscious contact with the God of our understanding we have received the greatest gift of this program – a spiritual awakening or a spiritual experience.

God is now guiding us “in a way which is indeed miraculous.”

We are now going to define a Spiritual Experience and spiritual awakening.

Let's read about Bill Wilson's spiritual experience.

starting on page 14, second paragraph, first line.



**page 14 second paragraph first line**

“These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric.

There was a sense of victory, followed by such a peace and serenity I had never known. There was utter confidence.

I felt lifted up, as though the great clean wind of a mountain top blew through and through. God comes to most men gradually, but his impact on me was sudden and profound.”



A spiritual experience is sudden and profound. Let’s read more on spiritual experiences.



This life-changing experience comes suddenly to some, gradually to others.

We learn more about this amazing  
“transformation of thought and attitude.”

It's the next page after page 181 in the Big Book Study Guide book!



Many of you will find this to be the case also. Your lives have changed, but gradually rather than suddenly.

You may not be able to point to a specific experience that brought about the change, but the spiritual awakening has occurred nonetheless.

We find the description of a more gradual spiritual experience on on the same page in the 4th paragraph



**page 569, 4th paragraph  
(next page after page 181)**

“Among our rapidly growing membership of thousands of alcoholics such transformation, though frequent, are by no means the rule.

Most of our experiences are what the psychologist William James calls the ‘educational variety’ because they develop slowly over a period of time.

Quite often friends of the newcomer are aware of the difference long before he is himself.



He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone.

What often takes place in a few months could seldom have been accomplished by years of self-discipline.

With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.”



Let's look at the fifth sentence again. It reads, "What often takes place in few months could seldom have been accomplished by years of self-discipline."

The "Big Book" authors make it clear that if you attend these Step working meetings and take the Steps for "a few months" you will recover from alcoholism.

Sure, some of you will have a rapid conversion experience during the first month.

But, even if you don't "get it" right away, you will still have a gradual spiritual awakening as you go through the process again and again.

*This is the greatest  
promise in the "Big Book !!!*

Just think of it. Even under the most difficult circumstances, you will overcome your drinking problem in about three months.

lets go to the 2nd page after page 181  
in the Big Book Study Guide book



**first paragraph on page 570**

“Most of us think this awareness of a Power  
greater than ourselves is the essence of  
spiritual experience.

Our more religious members call it ‘God-  
consciousness.’



That's all there is to it!

If you've made contact with your Higher Power and you have started listening to guidance, you have, in fact, already had the spiritual awakening.

You are now living in the  
"Sunlight of the Spirit !!!"

But, the spiritual awakening is just the first part of the Twelfth Step.

Let's look at what we have to do in order to maintain this spiritual transformation.

Chapter 7, in its entirety, is devoted to carrying the message of Alcoholics Anonymous to others

In the first paragraph on page 89,

We are told how to expand our new God-consciousness:



**first paragraph on page 89**

“PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!

You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.”



When WE work with others, OUR lives change.

The 2nd paragraph on page 89 we have the 12th step promises



“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss.

We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”





Lets go to the 4th paragraph on page 91



**4th paragraph page 91**

”When he sees you know all about the drinking game, commence to describe yourself as an alcoholic. Tell him how baffled you were, how you finally learned that you were sick.

Give him account of the struggles you made to stop. Show him the mental twist which leads to the first drink of a spree. We suggest you do this as we have done it in chapter on alcoholism. If he is alcoholic, he will understand you at once. He will match your mental inconsistencies with some of his own.

”If you are satisfied that he is a real alcoholic, begin to dwell on the hopeless feature of the malady. Show him from your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will.”



2nd paragraph on page 92



**2nd paragraph page 92**

”Continue to speak of alcoholism as an illness, a fatal malady.

Talk about the conditions of body and mind which accompany it.”



On page 93 we have more DIRECTIONS on what to say. Starting with the 3rd line down from the top of the page



**3rd line down from the top of the page 93**

“ Tell him exactly what happened to you. Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God.

He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.”



What are the spiritual principles to live by?

The 12 Steps of Alcoholics  
Anonymous and the  
4 Absolutes of Honesty, Purity,  
Unselfishness and Love.



(Go down 2 paragraphs)



**2nd paragraph, page 95**

“If he is sincerely interested and wants to see you again, ask him to read this book in the interval.

After doing that, he must decide for himself whether he wants to go on. He should not be pushed or probed by you, his wife, or his friends.

If he is to find God, the desire must come from within.”



Let God guide you when you make your Twelfth Step calls and the “Spirit of the Universe” will keep you safe and protected.

In addition, by relying upon guidance, you WILL “be of maximum service to God and the people about you.”

Being of service to others is critical to our continued growth and the maintenance of our sobriety.

Keep in mind that one of the primary services we can perform is to take prospective members through the Twelve Steps in these Step working meetings.

Each time we do this, we learn more about our lifesaving program and gain additional insight into the “All Powerful Creator” who is at the heart of our new way of living.



Lets read the 12th Step on page 60 again



**page 60**

Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”



Will those who are ready  
to take the Twelfth Step,  
please stand

Please answer “yes” or “no”  
one at a time and when  
done, please be seated

This is the Twelfth  
Step question ...

Will you carry this message  
to others alcoholics and  
practice these principles  
in all of your affairs?

We would like to welcome those who have taken all Twelve Steps with us to the “fourth dimension of existence.”

We wish you the very best as you make your amends and establish a conscious contact with the “One who has all power.”

In addition, by listening to God you will be given the “Strength, Inspiration, and Direction” to change lives, starting with your own.

Miracles are about to occur

We are going to close this  
session by reading the  
second paragraph on page 132



**second paragraph page 132**

So we think cheerfulness and laughter make  
for usefulness. Outsiders are sometimes  
shocked when we bust into merriment over a  
seemingly tragic experience out of the past.

But why shouldn't we laugh? We have  
recovered, and have been given the power to  
help others.



**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 11 and 12.

Next week we will take steps 1, 2 and 3.

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