

ES&F 2 Way Prayer Format 2-23-2021

Welcome everyone to our Zoom Tenth and Eleventh Step Guidance Meeting. My name is _____ and I will be the moderator for our group today.

Let's open with a moment of silence, to invite God into our hearts, followed by the Serenity Prayer.

SERENITY PRAYER: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Leader: Thy will not mine be done!

Welcome everyone! Is there anyone here today for the first time? If so, please let us know if this is your first introduction to 2 way prayer/written guidance.

Is there is anyone here for the second or third time?

Welcome again! We are so grateful that you have joined us today.

[NOTE TO LEADER: At this point, invite a volunteer to read [HOW TO LISTEN TO GOD.](#)]

[NOTE TO TECH: [Post all of the links in the chat box.](#)]

GROUP PREAMBLE:

This is an open meeting. We are a non-denominational, inclusive and diverse group of spiritual seekers committed to finding a deeper relationship with the God of our own understanding through an enhanced practice of the last three Steps of the 12-Step Program. We do this by following the original program of AA, based on the [Oxford Group](#), which included the principles of the [4 Absolutes](#) and the practice of written guidance or 2 Way Prayer.

We may belong to different religions or spiritual movements, or we may belong to no religion at all. So, we ask you to remember the Tenth Step principle from the AA Big Book: *Love and tolerance of others is our code*. Please practice this principle, particularly when you are sharing, and translate any words so that we may all understand each other.

WHAT ARE THE 4 ABSOLUTES? The 4 Absolutes were the guiding spiritual principles used to determine if one's decisions, thoughts or actions are in alignment with God's-will or motivated by self-will. These ideals called for: Absolute Honesty, Absolute Unselfishness, Absolute Purity, and Absolute Love. Although recognized as impossible to attain, when the 4 Standards are maintained faithfully as goals, they become powerful transformers of conduct, character, and consciousness.

[NOTE TO TECH: Post the link for the Four Absolutes and the Oxford Group in the chat box. Then share the screen for the reading of the Four Absolutes and 10-11-12 steps.]

I've asked a friend to read the 4 Absolutes:

[READER BEGINS]

My name is _____ and these are the 4 Absolutes:

ABSOLUTE HONESTY: Not deceiving others or ourselves in word, deed and thoughts.

ABSOLUTE PURITY (FORGIVENESS): Freedom from being controlled by our desires or our fears and insecurities.

ABSOLUTE UNSELFISHNESS: Seeking what is right and true ahead of what I want in every situation. A commitment to fairness and justice and a willingness to share.

ABSOLUTE LOVE (FAITH): The feeling of affection, benevolence or devotion created through acts of selfless unconditional giving to another person according to one's highest spiritual values. Love is a commitment to be forgiving, compassionate, responsible and accountable for our actions for the purpose of nurturing our own or another's spiritual growth.

[READER STOPS]

Leader: Thank you.

If you would like to know more information about the [4 Absolutes](#), the [links](#) will be posted in the chat box.

I've asked a friend to read Steps 10, 11 and 12 from the Original Manuscript:

[READER BEGINS]

My name is _____ and these are the last three Steps of the 12-Step Program from the Original Manuscript:

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of His will for us and the power to carry that out.

Step 12: Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

[READER STOPS]

[SCREEN SHARE STOPS]

While we remain focused here today on these last three Steps, we continue to work and to make daily use of the other spiritual tools gained through all the Steps outside of this group.

WHAT IS MEDITATION? In the language of the AA Big Book, meditation means concentrated thought, specifically about what happened over the previous 24 hours and what needs correcting, and about what one is going to do over the next 24 hours.

In this group, we will practice and experience written guidance and Quiet Time as it was done in the early days of the program. We will spend time in silence and listen for “the still, small Voice” that is within each of us in order to make “conscious contact” and receive “guidance.”

Through this practice of 2 Way Prayer, we will come to have a direct and personal experience of God as we understand Him and a deeper sense of God’s Presence within.

If you come as a skeptic, please know that many of us also shared your honest doubts. But we have found that a willingness to live life by the Four Standards of HONESTY, PURITY, UNSELFISHNESS AND LOVE along with a sincere effort to practice Quiet Time, has led us into a new, and often transforming, relationship with our Creator.

The God of our understanding has become the God of our experience. The Creator who once seemed distant and detached has become our closest Friend and Guide.

Every person who has honestly tried this has discovered a wisdom, not their own, comes into their minds and a Power greater than human power begins to operate in their lives.

We hope it may be so for you as well.

SEVENTH TRADITION

In accordance with the Seventh Tradition, our group is self-supporting through our own contributions, neither soliciting nor accepting outside donations. Your donation will help us meet our expenses and all additional donations will help to carry the message. Anything above a prudent reserve will be distributed to 12 step programs as per a group conscience.

If you would like to make a Seventh Tradition contribution, the info is in the chat box.

[NOTE TO TECH: Paste this into the chat box:

Seventh Tradition, self-supporting contributions: PayPal Michael.kaul@gmail.com or Venmo @EastLakeSteps

We have a WhatsApp group. If you would like to join, please click the link in the chat box.

[NOTE TO TECH: Paste this into the chat box: **530am EST WhatsApp group: <https://chat.whatsapp.com/IJ1tu5qRdiE7KXW2GDrYrq>**]

This meeting is one of several meetings that happen on this Zoom link. If you would like to stay in touch with our broader two-way prayer family, the Telegram group will be also included in the chat box.

[NOTE TO TECH: Paste this into the chat box: **Broader Two Way Prayer WhatsApp group: <https://t.me/joinchat/IBcIrDCsxl31sdTE>**]

Our meeting lasts for approximately one hour. We generally share portions of our Two-Way Prayer journals with the group. All sharing is completely voluntary and confidential. We ask for this to be respected by one and all.

Please have a blank sheet of paper and a pencil or pen to write with. Many of us come with a question or topic of concern to take to God for guidance today, others simply ask God to speak to us through today's writings.

[NOTE TO LEADER: At this point, here is where we will read from the pamphlet [How to Listen to God](#). Ask the assigned person to read the first 5 instructions prior to Writing Time. The rest of the pamphlet is read prior to sharing written guidance.]

[NOTE TO TECH: Whichever reading the leader chooses, open in a new tab and screen share it for the reader. Afterward, paste the URL into the chat for reference.]

Read first half of How to Listen to God

LEADER: We will now follow these directions and write together for 10 minutes. During 2 Way Prayer, meditative music will be played in the background, in addition to a [timer](#) set for 10 [minutes](#). The timer will be on the screen and anyone who wants to meditate in silence, is welcome to turn down their volume for the 10 minutes and return when the timer is up.

At the end of the 10 minutes the [music](#) will stop. If you are still inspired to write when we return please do so.

Start writing now.

[NOTE TO TECH: Screen share with sound, and put a timer on screen. You can open a tab and google "timer 10 minutes" or use either of the links above, and play the music. If the music is longer than 10 minutes, fade the volume up from silence at the beginning, and back down at the end.]

LEADER: Pause for the 10 minutes of writing.

READER: After the music ends the leader will ask you to finish the reading:

Read second half of How to Listen to God

[NOTE TO TECH: If the music is longer than 10 minutes, fade the volume down to silence when the timer stops. Then stop the music and stop the screen share. Go back to screen sharing the reading so the reader can go through the second half.]

[NOTE TO LEADER: Ask whoever was reading the instructions for two way prayer to complete them now]

Leader: Next is our time for sharing the guidance we received. I will read the instructions for sharing guidance, and then, we will divide into breakout rooms.

[NOTE TO LEADER AND TECH: If there are less than 8 people on the call, breakout rooms are not needed.]

[NOTE TO TECH: If there are 8 or more people on the call, set up breakout rooms while the leader continues to read the script.

- Create enough rooms that there are 3-4 people per room.
- Try to ensure every room has at least one person with enough experience to help newcomers and keep the sharing on track. You can set up the rooms automatically, but then may wish to move a couple of people around.
- Then delete one room. Those people will remain in the main room with you.
- Set a 25 minute timer for the breakout rooms. Open them when the leader announces them below.]

Leader: We will go around the room. We share the guidance we believe passes the “test” of the Four Absolutes, and that we feel comfortable sharing with other members of the group. Please share only what you have written without embellishment or explanation.

If you haven’t written anything down, please pass.

Crosstalk is permitted during our meetings. However, please listen attentively to the other person. Set your intention to focus on supporting their spiritual growth and development.

While one member is sharing, we invite you to write down any thoughts or guidance you may receive while listening to that person’s share. We have found that one person’s guidance may hold important meaning for others as well. This is called “three-way prayer”—the “Spirit of the Universe” speaking to us through others.

The following are suggestions for providing spiritual feedback, *only with the person’s consent*:

Approach listening with a spirit of reverence. Ask God for His guidance to speak through you for the person who is sharing.

As you listen to other people's Guidance, visualize being in God's Presence and then write down whatever comes to mind after that.

Most importantly, we do not interpret one another's guidance or suggest any rewrites to anyone's two way prayer. It is between them and God.

Please know that you always have the right to say "I do not wish for feedback on my two way prayer at this time" and to have that be respected by the group.

We will now divide out into breakout rooms. Most people will see an invitation to join a breakout room, while a few will remain here in the main room with [tech's name]. Once you see the invitation, click "join" in order to enter the "room." You will see a 25 minute timer counting down while you share together in your smaller group. When the time is up, you will be given the option to return to the main room immediately or be taken there automatically in 60 seconds. Click "leave breakout room" to return to the main room.

[NOTE TO TECH: Open the breakout rooms now.]

[NOTE TO LEADER: Sharing happens in the breakout rooms. You can use this script in your breakout room. Leader script for the group as a whole resumes when everyone is back.]

Who would like to start?

SHARE TWO-WAY PRAYER: First person shares guidance / members then share how they may relate to that / anyone is free to pass or to say that they do not wish to receive any feedback.

SHARE 3-WAY PRAYER: Did anyone hear something during the sharing session that he or she feels was directed toward them in addition to the person who shared it? If so, please share the group what you heard.

[NOTE TO TECH: If you and your group in the main room finish early and are ready for others to come back in advance of the 25 minute timer, you can broadcast a note saying everyone is welcome to return to the main room whenever they are ready. If everyone is back before the 25 minutes are up, you can close the breakout rooms early.]

[NOTE TO LEADER: Read the closing section when everyone is back from the breakout rooms]

CLOSING:

Welcome back everyone! How was the experience? Is there anything we can do to improve your experience?

Are there any announcements?

Is there anyone here who did not get a chance to share or who has questions?

Thank you all for participating today, either by sharing or by listening; and for the opportunity to lead our meeting today. If you found it helpful, please come back tomorrow (or Monday) and bring a friend!

As we close this meeting, let's all take a few deep breaths and then close with the Third and Seventh Step Prayers.

Third Step Prayer: "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. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always." (AA BB: 63)

Seventh Step Prayer: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen" (AA BB: 76)