

ES&F 2 Way Prayer Format 5-31-2021

Welcome & Opening Prayer

Welcome 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. You are welcome to unmute as you wish.

SILENCE FOR A COUNT OF 5-10 BREATHS

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!

Meeting Intro & Format

GROUP PREAMBLE:

This is a Tenth and Eleventh Step Guidance Group focused on the practice of Two Way Prayer. Everyone is welcome here regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Together, we are seeking to deepen our conscious contact with the God of our own understanding through an enhanced practice of the last 3 steps of the 12 step programs. 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 Two Way Prayer. Ultimately, this direct and personal experience of listening to our inner voice — “the still, small Voice” of calm that is within each of us, will enable us to be of maximum service to God, other people and ourselves.

Is there anyone here today who is new to Two Way prayer or this group? If so, please unmute and introduce yourself. If you are new to our group, welcome!

PAUSE

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

[NOTE TO TECH: Post all of the links in the chat box. Please note newcomers for breakout rooms.]

The 4 Absolutes

The spiritual disciplines of the 4 Absolutes and the last 3 steps are an important foundation for our group.

The 4 Absolutes, used by the Oxford Group, 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.]

Assign Reader for the 4 Absolutes

LEADER: Who would like 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.

[READER STOPS]

Leader: Thank you.

Optional: Assign Reader for Steps 10, 11 & 12

Who would like to read the 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]

Leader: Thank you.

[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.

SEVENTH TRADITION

In accordance with the Seventh Tradition, our group is self-supporting through our own contributions, neither soliciting nor accepting outside donations. The information will be placed in the chat box.

Tech: Please post this in the chat box:

Seventh Tradition: via PayPal: emotionalsobriety2013@gmail.com

Group Process

Our meeting lasts for approximately one hour. As a group, we will individually practice writing Two Way prayer. After writing, we will share our guidance with each other in smaller breakout rooms. We will then return to the larger group at the conclusion of our meeting for any announcements, and/or feedback.

All sharing is completely voluntary and confidential. We ask for this to be respected by one and all.

Please have some paper and something to write with. Many of us come with a question or topic of concern to take to God for guidance today. Or, you may simply ask: "God, please show me what I need to know so that I can be free from wrong motives and do Your will throughout the day." As thoughts come into your mind, write them down. Guidance can take the form of images, thoughts, feelings or inspiration.

Assign Reader for How to Listen to God.

Who would like to read the pamphlet How to Listen to God?

Thank you _____ for volunteering to read today. Please read the first 5 instructions before we stop to write our guidance. The rest of the pamphlet will be read after writing time is completed.

[NOTE TO TECH: open in a new tab and screen share it for the reader.]

READ FIRST HALF OF HOW TO LISTEN TO GOD

Optional: 2-minute meditation

READER: We will now spend 2 minutes in silence before starting to write, in order to connect with our Higher Power. I will let you know when the 2 minutes are up.

LEADER: We will now follow these directions and write together for 10 minutes. During Two 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. Feel free to continue writing longer if you still feel inspired to 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 these links , and play the music.]

[NOTE TO TECH: If the music is longer than 10 minutes, fade the volume up from silence at the beginning, and fade the volume down to silence when the timer stops. At the end of writing time, stop the music and the screen share. Go back to screen sharing How to Listen to God so the reader can go through the second half.]

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

Leader: Will _____ please continue to read the second half of How to Listen to God?

READ SECOND HALF OF HOW TO LISTEN TO GOD

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 XX minute timer for the breakout rooms. Open them when the leader announces them below.]

Instruction for Breakout Rooms

In the breakout rooms, those who want to share their written Guidance today are invited to do so. Please be mindful of your time in the breakout sessions, so everyone has an opportunity to share.

Please share only what you have written during “Quiet Time” without embellishment or explanation.

Test your thoughts before sharing. Are they aligned with the criteria of the 4 Absolutes? Are they Honest, Pure, Unselfish and Loving? Share only those thoughts that pass this test and that you feel comfortable sharing with other members of the group. If you haven’t written anything down, please pass.

While one member is sharing, we invite you to write down anything that is especially meaningful to you. When we receive guidance through another person or persons, we call this “three-way prayer” — the “Spirit of the Universe” speaking to us through others.

Unlike some 12 step groups, we do allow crosstalk during our meetings. If the person sharing their writing is open to feedback, the other listeners may want to share or comment briefly.

The intention of any discussion is not to analyze what the other person has written but to encourage, help to understand it, or, better still, to share briefly what the writing might mean for them.

Listeners are reminded that WE DO NOT INTERPRET ONE ANOTHER’S GUIDANCE. Please listen attentively and maintain the focus of any feedback on the person who is sharing their guidance.

Breakout Rooms

We will now divide out into breakout rooms.

Rooms are set for XX minutes, with a 1-minute leeway to wrap up and return to the main group. Rooms are set to have a 3-person minimum for safety. The main room will remain open, and you are welcome to return at any time for any reason by clicking the blue “leave room” button.

[NOTE TO TECH: Open the breakout rooms now. Once breakout rooms are assigned, select “Automatically move all assigned participants into breakout rooms.”]

Optional script while in breakout room

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.

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 tell the group what you heard.

OPTIONAL: 4-WAY PRAYER: What was meaningful to everyone about what was shared within the group collectively today?

Even though written guidance is a solitary activity – very often all of us have very similar written guidance to share with each other. It proves the wisdom that God does indeed disclose Himself to us, when we seek Him!

[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 XX minutes 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 XX 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]

Return to the main group

Wrap Up

Welcome back everyone! Now is our time for sharing feedback: how was your experience in your room today? Does anyone have any questions?

PAUSE

Announcements

Our time is almost up. Are there any announcements?

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: Link to this chat: <https://chat.whatsapp.com/IJ1tu5qRdiE7KXW2GDrYrq%5D>**

Thank you all for sharing and for the opportunity to lead the meeting. If you found it helpful, please come back tomorrow and bring a friend!

Closing Prayer

As we close this meeting, let's all take a few deep breaths and close with prayer.

[Note to tech: please share closing prayer of leader's choice on screen.]

Here is the [link](#) to view the prayer page on the blog.

I have chosen XXXXXXXX and will ask (TECH) to please share it on the screen. You are welcome to unmute as you wish.

Suggestions for closing 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)