

## **Handouts for Session 1: Overview and Step One**

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are Successful in A.A.**
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## MINNEAPOLIS RECORD INDICATES THAT 75 % ARE SUCCESSFUL IN A.A.

The Minneapolis Group, in March, 1943, inaugurated a system for keeping a record of the sobriety of members from three months on up. As a result, the following exact percentages have been arrived at:

### *For the Year 1945*

5-yr. members	100 %	successful	0 %	slipped
4-yr.      "	100 %	"	0 %	"
3-yr.      "	100 %	"	0 %	"
2-yr.      "	89 %	"	11 %	"
18-mo.    "	90 %	"	10 %	"
1-yr.      "	80 %	"	20 %	"
9-mo.     "	82 %	"	18 %	"
6-mo.     "	70 %	"	30 %	"
3-mo.     "	48 %	"	52 %	"

(Of those who slipped in 1945, only 16½ % have worked back to any degree of sobriety.)

### *Over-all Percentages*

1943	78 %	successful	22 %	slipped
1944	83 %	"	17 %	"
1945	77 %	"	23 %	"

## **Suggested Guidelines for Newcomers Step Workshops**

### **For the Newcomer:**

- 1. Your primary obligation is to attend all four sessions. If you need assistance with transportation, your sponsor or sharing partner will help you make the necessary arrangements.**
- 2. We will read the appropriate parts of the A.A. "Big Book" to you, specifically those passages that relate to taking the Twelve Steps. If you have brought a "Big Book" and are able to follow along, please do so. We will announce each passage by page number and paragraph before we read it. If you don't have a book, we ask that you participate by listening. We will guide you through all Twelve Steps as written by the "Big Book" authors. Please follow their directions, as we read them to you, and you too will recover from addiction.**
- 3. Although a written inventory is part of the process, this doesn't mean you have to do the writing. The person who is sponsoring you through these sessions can help you write your inventory, or he or she can write it for you.**

### **For the Sponsor or Sharing Partner:**

- 1. Your time commitment to the newcomer is approximately four weeks. After that, both you and the newcomer will be expected to assist others through the Twelve Steps.**
- 2. During the next month, call or visit the newcomer frequently to offer encouragement and moral support.**
- 3. Attend the weekly Newcomers' Step Workshops with the newcomer.**
- 4. Offer to help the newcomer with his or her inventory. If necessary, fill out the checklist based on what the newcomer tells you. Keep in mind, the newcomer may not be able to complete the inventory without your help.**
- 5. Share your guidance with the newcomer so he or she can see how two-way prayer is working in your life.**
- 6. Based on your personal experience, answer any questions the newcomer may have about the O.A. program or the O.A. way of life.**

## **Directions for Taking the Twelve Steps**

**Step 1: We admitted we were powerless over compulsive eating -- that our lives had become unmanageable.**

**Step One is described on pages xxv-xxxii and 1-43.**

**[The directions for taking Step One are on page 30, paragraph 2, lines 1-3.]**

**Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.**

**Step Two is described on pages 44-60.**

**[The directions for taking Step Two are on page 47, paragraph 2, lines 1-3.]**

**Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

**Step Three is described on pages 60-63.**

**[The directions for taking Step Three are on page 63, paragraph 2, lines 1-8.]**

**Step 4: Made a searching and fearless moral inventory of ourselves.**

**Step Four is described on pages 63-71.**

**[The directions for taking Step Four are on page 64, paragraph 1, lines 1-9; paragraph 2, lines 1-6 (Assets and Liabilities Checklist); page 64, paragraph 3, lines 1-2, 6-9 (Resentments); page 68, paragraph 1, lines 1-3 (Fears); and page 69, paragraph 1, lines 1-6 (Harms).]**

**Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**Step Five is described on pages 72-75.**

**[The directions for taking Step Five are on page 75, paragraph 1, lines 1-4; paragraph 2, lines 1-2.]**

**Step 6: Were entirely ready to have God remove all these defects of character.**

**Step Six is described on pages 75-76.**

**[The directions for taking Step Six are on page 76, paragraph 1, lines 3-5.]**

**Step 7: Humbly asked Him to remove our shortcomings.**

**Step Seven is described on page 76.**

**[The directions for taking Step Seven are on page 76, paragraph 2, lines 1-7.]**

**Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**Step Eight is described on page 76.**

**[The directions for taking Step Eight are on page 76, paragraph 3, lines 2-5.]**

**Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**Step Nine is described on pages 76-84.**

**[The directions for taking Step Nine are on page 76, paragraph 3, lines 6-11.]**

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

**Step Ten is described on pages 84-85.**

**[The directions for taking Step Ten are on page 84, paragraph 2, lines 1-14.]**

**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.**

**Step Eleven is described on pages 85-88.**

**[The directions for taking Step Eleven are on page 86, paragraph 1, lines 1-14 (When We Retire); paragraph 2, lines 1-5 (Upon Awakening); page 87, paragraph 3, lines 1-3, page 88, lines 1-7 (Throughout The Day).]**

**Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts and to practice these principles in all our affairs.**

**Step Twelve is described on pages 89-103 and pages 567-568.**

**[The directions for taking Step Twelve are on page 89, paragraph 1, lines 4-5.]  
(Instructions on how to carry A.A.'s lifesaving message of recovery to others can be found throughout pages 89-103.)**

## **Sole Purpose of a Group**

**These Newcomers Step Workshops implement the principle established by Bill W., A.A.'s New York City co-founder, and approved three times by the A.A. General Service Conference. We acknowledge and affirm that taking people through the Twelve Steps is our primary purpose.**

*"Sobriety -- freedom from alcohol -- through the teaching and practice of the Twelve Steps is the **SOLE PURPOSE** of an A.A. group. Groups have repeatedly tried other activities, and they have **ALWAYS** failed. ... If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."*

**-- Bill W., A.A. Grapevine, Inc., February 1958**

**(Affirmed as a guiding principle of A.A. and approved by the A.A. General Service Conference in 1969, 1970 and 1972.)**