

WELCOME

Welcome back to WEEK 2. We have just completed the Forwards and Preface in the Big Book and have added the circle and triangle back in the book. If you are new this week, you can easily get caught up. Stay focused and diligent on completing the work. Next Tuesday we will be covering THE DOCTORS OPINION and looking at the PHYSICAL side of the disease. Refer the Sponsorship Guide (Assignment 2) for your work due on Tuesday and make sure you schedule a time to get together with your BBA sponsor or step-study partner.

HOW FREE ARE WE GONNA BE!!!

RE-CAP

1. THE CIRCLE & TRIANGLE: Question: Where am I in my triangle? Am I balanced in UNITY -Am I bringing my 'body' to the meetings? RECOVERY -Is my 'mind' working in the 12-steps? SERVICE -Am I in prayer and contact with God and is my 'spirit' in service by working with another alcoholic/addict.

Am I balanced on all 3 sides? Or am I unequal? How do I feel when I'm balanced? How do I feel when my sides of the triangle are unequal?

2. AA HISTORY: "The Oxford Group" (page XX) was a Christian organization founded by an American Christian missionary Dr. Buchman. Buchman, an American Lutheran minister who in 1908 had a conversion experience and as a result of this he would later found a movement called *A First Century Christian Fellowship* in 1921, that eventually became known as the Oxford Group.

Spiritual Practices: To be spiritually reborn, the Oxford Group advocated 4 practices set out below: 1. The sharing of our sins and temptations with another Christian (steps 4-7). 2. Surrender of our life past, present and future, into God's keeping and direction (steps 1-3). 3. Restitution to all whom we have wronged directly or indirectly (steps 8-9). 4. Listening for God's guidance, and carrying it out (steps 10-12)

The Oxford Groups had started meetings long before Bill Wilson got sober. One person in particular was Ebby Thatcher who witnessed to Bill saying he had religion. Bill an agnostic, thought 'oh no...these Christians we right after all'.

NOTE: We are not asking that you accept any specific religious principles, but to lay aside any prejudices you may have, however this is AA history of how it happened and how the program of AA started. It was founded on Christian fundamentals.

3. SET ASIDE PRAYER: God...help me to to 'set-aside' everything I think I know for an open mind and new experience. This is not asking us to 'get rid of' everything we think we know, but just to 'set it aside', so we can have a new experience and open mind.

According to the Big Book, the basic text for Alcoholics Anonymous, an astounding 75% “. . . of alcoholics who came to A.A. and really tried, . . .” recovered from their seemingly-hopeless alcoholism. (“Foreword to Second Edition,” in *Alcoholics Anonymous*, 4th ed., xx). And according to the A.A. General Service Conference-approved book *DR. BOB and the Good Oldtimers*: “Records in Cleveland show that 93 percent of those who came to us never had a drink again.” (*DR. BOB and the Good Oldtimers*, 261).