

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session33.doc

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Chapter 6 - Into Action Step 8

(Tape 7 - 00:12:03.1)

J & C We've completed our first seven steps knowing full well we're going to be working on (Steps) 6 & 7 for the rest of our lives really, trying to change as the opportunity comes up. Now we've read in the book where we are

- (a) spiritually sick,
- (b) mentally sick and
- (c) physically sick,

when the spiritual malady is overcome we straighten our mentally and physically (p. 64, par. 4)

and we begin to look at those things and begin to realize that all human beings really are born to live in three dimensions of life.

If God dwells within each of us

we're going to have to live with God,
whether we like it or not is beside the point. (spiritual dimension)
The only question is
do we live with him in harmony or disharmony.

I don't know of anybody that ever got in more disharmony with God than we alcoholics have. We also have what we call the mental dimension.

We've all got a mind, sometimes we act like we don't but we do,
and we have to live with our mind whether we like it or not, is beside the point, we don't have any choice.
And again do we live there in harmony or disharmony?

I don't know of any group of people that ever got more fouled up in their heads than we alcoholics have. For years I thought the physical dimension was my body only. Today I realize

the physical dimension is the world and everything in it

Now we alcoholics don't have any place else to live except here on earth we don't have any choice in the matter whether we like it or not is beside the point. The only question is, do we live on earth with our fellow man in harmony or disharmony?

And I don't know of any group of people that ever got more fouled up in a relationship with the world and everybody in it than we alcoholics have. So we were sick spiritually, mentally and physically. The book talks about a design for living, and it looks to us that

these steps are designed in such a manner to put us back together and make us well in all three dimensions of life as God intended for us to be in the first place.

Steps 1, 2 & 3 We got right with the Spirit. Because we were powerless, we saw the need for the power.

Step 3 We decided to go after that power, and we made a decision that God was going to be the Director. He's the Father, we're the children. He's the Employer, we're the employee (we work for him)

For most of us that's the first time we've had that relationship with God for a long, long, long time. We got the right relationship in (Steps) 1, 2 & 3. That removes self-will, to let us begin to look into our own minds.

Step 4 & 5 We found out those things that block us off from God, that block us off from our fellow man, that creates the resentments and the fears and the guilt's etc.

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Steps 6 and 7 we begin to work on those in

We begin to get right in our minds through 4, 5, 6 & 7. That removes just enough self-will, to begin to look at our relationship with the world and everybody in it. Now through 4, 5, 6 & 7 we got rid of these resentments, we got rid of these fears to the level that God intended for them to be. But we haven't really done anything about the storeroom back here that's filled with guilt and remorse associated with the harms we've done in the past.

And if we want to get right in the physical dimension,
our relationship with the world and everybody in it,
it's long been known that the way you do that, is to make restitution for the things done in the past.

Then the guilt and the remorse begins to disappear. I've never yet seen a newcomer come into a meeting and read the steps off the wall and say that I can hardly wait till we get to Steps 8 & 9, that looks like a lot of fun. Nobody likes to do Steps 8 & 9. Nobody that I've ever met, some people might but not that I know. The only question is can we afford not to do that?

It looks like if we don't do that (Steps 8 & 9)
that guilt and remorse in here kind of keeps chewing at us.
After a while it begins to bother our relationship with the world and everybody in it
- we start getting sick in our head.
And after a while that backs up and blocks us off from God
and we end up drunk again

You know when we read the Foreword to the Second Edition it sounds as though Dr. Bob never took another drink after Bill visited with him the first time. That isn't true. Dr. Bob had one more drunk left in him. Not to long after Bill called on him and they began to try to work with people Bob found it necessary to go to a medical convention and his wife Anne begged Bill not to let him go. She said Bill if he goes over there he'll get drunk, he does it every year. And Bill said, let him go. He's got to learn to live in society where there's always going be plenty of alcohol. Bob went to the medical convention, got drunk, came back to Akron, showed up at his nurses home. She called Anne, said come and get him, he's drunk and said get him sobered up he's got surgery in the morning and he's the only doctor on staff right now that can do this particular surgery. Dr. Bob was a proctologist. Whatever your procto is, I'm glad he wasn't working on mine the next morning I know that. They went over and got him and brought him back to Dr. Bobs house and they coffeed him and they walked him and they sobered him to the best of their ability. The next morning Bill took him to the hospital to do the surgery. In the parking lot of the hospital Dr. Bob said, Bill I can't do this surgery. He said I'm sick and I'm shaking and I'm trembling and I'm going to hurt somebody bad. Bill reached in the back seat of the car, brought out a bottle of beer, popped the top on it, said drink this and you'll be okay. Dr. Bob drank the beer, went upstairs, did the surgery and sure enough it came out okay and the only problem is he disappears. Bills waiting on him down in the parking lot. He waits 2, 3, 4 hours. He assumes that the beer's trigger **the allergy** and Bob is off and running. He goes back to Dr. Bob's house and Bill and Anne wait all afternoon. Late, late, late evening Dr. Bob shows up and he's sober. Bill said where in the hell have you been? He said I've been going up and down both sides of the street making my amends to those I've harmed in the past. That bottle of beer was the last drink Dr. Bob took, January 10, 1935 which is AA's birthday. He never would make amends before because he was afraid people would find out that he was alcoholic and he would lose what little practice he had left. He didn't know that everybody already knew he was alcoholic. The day he screwed up the courage, mustered up enough courage to make his amends was the day he took his last drink. Now I would assume if it's good enough for Bob it's probably good enough for me too.

Let's look at 8 & 9 for just a few minutes. We are not going to go through them in great detail, just a few minutes

Big Book p. 76, par. 3 "Now we need more action, which we find that "Faith without works is dead." Let's look at Steps Eight and Nine."

J & C You generally when people go to a Step Study meeting and they begin to talk about Step 8, generally the conversation will get over to how they made amends in Step 9. **But Step 8 is a definite step and it's a step that needs to be done.**

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Big Book p. 76, par. 3 "We have a list of all persons we had harmed and to whom we are willing to make amends. We made it when we took inventory."

J & C We simply take all those names off of Column 1 off of those 4 sheets of anyone that we've harmed and we put them on one long sheet. We haven't made any amends yet, we've just made the list. And then the book says,

<u>Resentment Inventory</u>	<u>Fear Inventory</u>	<u>Sex Inventory</u>	<u>Harms Done to Others</u>
Column 1	Column 1	Column 1	Column 1
I'm Resentful at:	I'm Angry at:	Who have I hurt?	Who have I hurt?

Big Book p. 76, par. 3 "We subjected ourselves to a drastic self-appraisal."

J & C We did that in Steps 4 & 5, a drastic self-appraisal.

Big Book p. 76, par. 3 "Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show. If we haven't the will to do this, we ask until it comes."

J & C More prayer, Step 8. And again it's real simple. We make the list, then we become willing to the list, and if we're not willing we ask God to help us to become willing. We haven't made any amends yet. That is Step 8. When we do that, then we've completed Step 8. Everyone one of these action steps recognizes that self cannot overcome self and we have prayer in most of them and here we got it again in Step 8 that if we're not willing, we ask God to help us be willing. I had a lot of difficulty in Step 8 and Step 9 because there's some people that had harmed me just as bad as I'd ever harmed them. And I didn't think it was going to be necessary for me to make any amends to them, I didn't feel like I could and I didn't want to. I told my sponsor about this, he said okay, what I'd like to see you do is take that list that you have and divide it into four lists (columns). He said I'd like to see you put on one list (column)

RIGHT NOW

LATER

MAYBE

NEVER.

He said those that you love and you want to make amends to them **RIGHT NOW** put them on that list those that you know you're going to do it sooner or later or you're not too keen about, put them on the **LATER** list those that you aren't sure about, you may or may not, put them on the **MAYBE** list those that you're never going to make amends to, put them on the **NEVER** list

And then he said I want you to start making your amends to the **RIGHT NOW's**.
By the time you're through with that you'll probably be ready to do some **LATER's**.
By the time you're through with the later's list, you'll probably be ready to do some **MAYBE's**.
And he reached in his billfold and pulled out a twenty-dollar bill and said I'm going to bet you twenty dollars by the time you're through with the Maybe's you be ready to start on the **NEVER's**.

And the old fool was exactly right. I was trying to block myself off entirely from Step 8 & 9 by using three or four names (resentments, etc.) and he didn't let me do that. He gave me a process by which I could become willing to make amends to them all, eventually. And it really did work for me.

So if you've got that problem, or you're working with some whose got that problem, try the Four List. Right Now, Later, Maybe and Never. And it really works.

(Tape 7 - 00:23:43.4)

11 minutes