

# WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session35.doc

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## Chapter 6 - Into Action Step 9 & The Promises

(Tape 7 - 00:39:13.0)

J & C As I said here this morning and I became painfully aware, shore fully aware this year, all those situations that I used to have that I thought needed to make amends are all taken care of, I mean every one of them and I'll tell you about two here this morning if you will.

When I was drinking I had a mobile home up north and west of Tulsa, the lake called Lake Keystone, didn't think my wife knew anything about it, nice place. One morning in the middle of the night there's a knock on the door and I finally came to the door and I opened it up and what she did she just broke in Phyllis did. And I really wasn't having a good time, embarrassed me in front of my girlfriend, yeah and our daughter she brought the daughter with her. I was not having a good time. Now Gail, she was affected by my drinking of course. When she was seventeen years old, just a few days after she was seventeen she got married to get away from Phyllis and I cause Phyllis was in the program of Alcoholics Anonymous some twenty-three years she's been sober thank God, but Gail was affected by this. And the book says

*Big Book, pg. 83, par. 1 "A remorseful mumbling [that we are sorry] won't fill the bill at all."*

J & C Of course I tried to make a few amends verbally to Gail and you know I, she said it's okay but it wasn't until six years ago, I was sober 19 years and talking to Gail on the phone and she was living up in Columbus, Ohio and she said Daddy a thing happened here recently. Her sister in law had died and her husband had died unexpectedly and left two kids for someone else to raise. And she said if something should happen like that to Jim and I would you and Mom take the kids? That's when I knew she really had forgiven me, but it took nineteen years.

*Big Book, pg. 83, par. 1 "A remorseful mumbling [that we are sorry] won't fill the bill at all."*

J & C Now I'm sober in Alcoholics Anonymous for two and a half years and Phyllis and I get back together and nine years later I'm standing at the back of the room greeting people as they come in to the meeting place that night and I look around and here's the lady of the mobile home incident. Phyllis is at the coffee pot getting coffee and she looked over her shoulder, it all happen just about that quick. I believe you'll get an opportunity to handle all these situations. God makes the wherever possible. And some of the guys were aware of the situation and they asked what did she say and I said she didn't say anything... for about a week. And we were at another meeting and here's this lady and she was trying to get sober and coming to A.A. and again at another meeting there was this lady and Phyllis began to talk ugly to me. They'll do that you know. And I began to pay the price again, began to feel bad about it again. Well after about two or three weeks of this and one night she was settled down, she'd come back down through the ceiling and we were able to talk about this. I said Phyllis you know I've already paid one hell of a price for this I mean I have already paid one hell of a price, physically, morally, spiritually, financially and every way you can pay. And what I'm trying to tell you is I'm not paying anymore. I said it's just like last months gas bill. I paid that one, and I'm not paying that one no more.

**They'll let you pay forever if you'll pay. There comes a time when you quit paying.**

**We don't have to crawl before anyone.**

**We make our amends to the best of our ability and go on about our business.**

If you're right with God in (Steps) 1, 2, and 3 and (Spiritual Dimension)

If you're right with self in (Steps) 4, 5, 6 and 7 (Mental Dimension)

If you're right with you fellow man in (Steps) 8 & 9 (Physical Dimension - the world and everything in it)

For the first time as far back as we can remember we're well in all three dimensions of life. We're then put back together as God intended for us to be in the first place. If you're well in all three dimensions of life you're going to feel pretty good. I don't think it's by accident the very next thing are **the promises. They come immediately after this program of action.**

*Big Book, pg. 83, par. 4 "If we are painstaking about this phase of our development, we will be amazed before we are half way through."*

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J & C Which phase of our development? Well the (Step) 8 & 9 phase.

*Big Book, pg. 83, par. 4*

*We are going to know a new freedom and a new happiness.*

*We will not regret the past nor wish to shut the door on it.*

*We will comprehend the word serenity and we will know peace.*

*No matter how far down the scale we have gone, we will see how our experience can benefit others.*

*That feeling of uselessness and self-pity will disappear.*

*We will lose interest in selfish things and gain interest in our fellows.*

*Self-seeking will slip away. Our whole attitude and outlook upon life will change.*

*Fear of people and of economic insecurity will leave us.*

*We will intuitively know how to handle situations which used to baffle us.*

*We will suddenly realize that God is doing for us what we could not do for ourselves.*

*Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly (spiritual experience), sometimes slowly (spiritual awakening). They will always materialize if we work for them."*

J & C You know I've had some very horrendous hangovers in my time and I know that you guys have too. I have thrown up sometimes something horrendously, blood and all in my drinking career. But you know those kin of experiences never caused me to want to quit drinking. **What caused me to want to quit drinking was the guilt, shame and remorse that I had as a result of the harm that I did other people.** And these promises began to come about in my life; they came about not in my body but in my mind. I began to experience these things in my mind and I knew of course that the program was working for me and I'm free of those things today thank God. I'm going to read them again, going to add a few words to them and the words that I'm going to add t them refer to the time when I was young, when alcohol was my friend, when I could drink it and be Fred Astaire on the dance floor and the worlds greatest lover in the backseat of a '36 Chevrolet. This is the way alcohol used to make me feel before it turned against me

Whenever I took a drink of alcohol I knew... a new freedom and a new happiness.

Whenever I took a drink of alcohol I did... not regret the past nor wish to shut the door on it.

Whenever I took a drink of alcohol I would... comprehend the word serenity and we would know peace.

Whenever I took a drink of alcohol... no matter how far down the scale I had gone, I could will see how my experience would benefit others.

Whenever I took a drink of alcohol... that feeling of uselessness and self-pity would disappear.

Whenever I took a drink of alcohol I would... lose interest in selfish things and gain interest in my fellows.

Whenever I took a drink of alcohol... self-seeking would slip away.

Whenever I took a drink of alcohol my... whole attitude and outlook upon life would change.

Whenever I took a drink of alcohol... fear of people and of economic insecurity would leave us.

Whenever I took a drink of alcohol I would... intuitively know how to handle situations which used to baffle me.

Whenever I took a drink of alcohol I would... suddenly realize that alcohol was doing for me what I could not do for myself

Think about that a moment. No wonder I loved to drink. When you find anything that will do that much for you immediately become mentally addicted to the use of it, whatever it is. If it had been chocolate ice cream I would have been addicted to chocolate ice cream. If it had been Hostess Twinkies it would have been Hostess Twinkies. If it had been gambling, it would have been gambling. Mine was alcohol. Alcohol did for me what I could not do for myself. It was my friend and it worked for me like magic for years. But one day alcohol turned against me and **all the things I was afraid would happen to me now began to happen because of the alcohol itself.** I became a very, very confused individual not knowing I was alcoholic, not knowing I would never be able to recapture these feelings from alcohol. I spent the last four, five, six years of my drinking desperately trying to get these things back from alcohol. Almost destroyed me in the process.

I came to A.A. You gave me a book. I found a little program of action in this book. I began to apply it in my life. And one day I woke up and found these promises in my head and I suddenly realized that

**the first nine steps of Alcoholics Anonymous are doing just exactly for me (promises)**

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**what alcohol used to do for me when alcohol was my friend.**

See that's why I don't drink today. If I hadn't found this somewhere I would still be searching for it. I would probably have gone back to alcohol until it eventually completely consumed me and destroyed me.

**But I don't need to drink because I found everything good that alcohol gave me  
through the first nine steps of Alcoholics Anonymous. (promises)  
That's the miracle of Alcoholics Anonymous.**

At the same time I realize it's given me the good I also realize

**the first nine steps have never turned against me, alcohol did.**

I've never been placed in jail because of the first nine steps

No lady has ever dragged me through the divorce courts because of the first nine steps.

I've never vomited, damn near did a time or two, I've never really vomited because of the first nine steps.

See that's a miracle.

If you read those promises you'll see they all deal with the mind. None of them deal with the body.

**We came here restless, irritable, discontented,  
filled with shame, fear, guilt, remorse, worry, anger, depression, etc.**

**We work the steps,  
we receive the promises.**

Certainly we have undergone a change in our personality. We have undergone a spiritual awakening already.

(Tape 7 - 00:49.32.7)

10 minutes