

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session 20.doc

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Step 3 - How It Works

(Tape 4 - 01:21.19.0)

J & C You know if every human being in the world today could fulfill these three basic instincts at the level that God intends there would be no conflict on earth today. But all human beings have self-will.

All human beings from time to time will overdo in one or more areas creating conflict for others and for themselves. I never knew that. I just knew I was always in trouble. I just knew I was always madder than hell. I just knew I was always scared to death. I knew guilt and remorse was eating me up but I didn't know where it came from. See they gave me the rules but they never taught me how to play the game. AA has taught me how to play the game. And now that I know how to play the game I don't break the rules anymore and I don't hurt other people and I'm not scared to death and I'm not filled with guilt and remorse. This is the greatest information I have ever seen about what makes me tick and what causes me to do the things that I do. Joe.

Big Book p. 62, par. 1, line 3 "Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?"

J & C It's not that I thought too well of myself, or that I thought too little of myself. It's that I thought of myself only. That was my problem.

Big Book p. 62, par 2., line 1 "Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt."

J & C You know alcoholism: I, self and me. You see if you don't have a God in your life, and I didn't, there's only one thing left to live by and that's the satisfaction of these basic instincts of life. And I tried to live my life based upon the satisfaction of those basic instincts. And I overdid in many, many of those areas.

Big Book p. 62, par 3, line 1 "So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible."

J & C Can't heal a sick mind with a sick mind. Only God makes that possible.

Big Book p. 62, par. 3, line 19 "And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help."

Big Book p. 62, par 4, line 1 "This is the how and the why of it."

J & C You see he told how it works. Then he told us why it won't work because of selfishness and self-centeredness. And now he's going to tell us how it really works.

Big Book p. 62, par 4, line 1 "This is the how and the why of it. First of all, we had to quit playing God. It didn't work."

J & C Everything I read leads me to believe that this is a God directed world. Now if it is a God directed world then those of us who have been self directed and those of us that have tried to direct everything and everybody around us ... we've been trying to do God's job for him. We're not God, we've just been playing at being God. And the book says we're going to have to quit doing that if we want any peace of mind, serenity and happiness in the future. I think

**One of the great mistakes I see today in AA is people trying to force themselves to be better.
And self-will cannot overcome self-will.**

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Only God can overcome self-will.

So if we want any peace of mind, serenity and happiness it looks like we're going to have to turn to God and let him be the Director. Let him do his job, which is direction.

Next direction.

Big Book p 62, par 4, line 28 "Next, we decided that hereafter in this drama of life, God was going to be our Director."

J & C Not our suggestor, our Director. He's got his word back now. From here on it'll be directions.

Big Book p. 62, par 4, line 30 "He is the Principal; we are His agents. He is the Father, and we are His children. Most Good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

J & C And what is that idea of this concept. That he is the principle and we are his agents, He is the Father, and we are His children, **he is the boss, I work for him**. Now when I first got into this area of the 3rd Step I used God like you would an errand boy. I said, God please help me to stay sober, and by the way, while you're at it, help me get my wife back. Which one? The second one, I don't want that first one back. That first one didn't drink, she was mean and ugly. I like the one that drank. God get me a job by the way pick up a little extra money for me, I need some money. I used God like you would an errand boy, send him out like that. And after I got sober I got to reading in that other book, that big, big book and in the front of that book

There's a story about this fellow he worked for six days and rested. Now to my knowledge he didn't have to go back to work anymore. So it looks as though if there's any work being done around here it's going to be me doing the work. He's the principle, we're the agents, He's the Father, we're the children, He's the boss, I'm the employee.

Most good ideas are simple, and this concept was the **keystone** of the new and triumphant arch through which we passed to freedom. Now he's referring once again to that wonderfully effective spiritual structure.

Step 1	Willingness	Foundation
Step 2	Believing	Cornerstone

Now he tells us what we're building. A triumphant arch through which we're going to pass to freedom.

He said the keystone to that arch is a simple little idea that we're going to let God be the Director

You know in the old, old days when they built arches, the stones were all stacked loosely without mortar, and they began to lean together and there was a center stone up here called the keystone.

If it was cut right, it would support the entire arch, but if it wasn't, it would slip out and the arch would collapse.

Well the keystone of the new and triumphant arch through which we're going to pass to freedom, is this simple little idea - that we're going to let God be the Director. For most of us that's the first time we ever had that idea. If we once had it as children we lost it somewhere. Instead of letting God be the Director, we we're the director, cause we told God what we wanted. God do this, God do that, God give me this, God give me that, God if you do this for me, I'll do that for you. And now only did we direct God we directed everybody around us. Now we can quit doing that. We're going to let God be the Boss from this day on. Now that is a radical idea for people like us. This is the decision that we're making

Big Book p. 63, par. 1, line 1 "When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our own little plans and designs. More and more we became interested in seeing what we could contribute to life. "

J & C You see I was always a taker. And takers are losers in life. Contributors are those that win I've noticed.

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Big Book p. 63, par. 1, cont. "As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."

J & C You know they used to come over to my house on Monday night from that little church about two blocks from my house, and these guys wanted to talk to me about being reborn. And you know what I did for them, I'm drinking and man it's Monday night football, and they'll be talking about reborn about 8 o'clock they'd be knocking, and I'd run them off, I'd say you guys get out of here, it's Monday night football, I don't want to talk to you, get. And that's the way I did with those guys, and I didn't understand this reborn then at all. And I got to reading in that other book when I got sober and there's this story in there and this guy's name was Nicademus. And Nicademus was about like me, just dumber than a stump. And he asked that guy, what do you mean by being reborn. Do you mean I've got to go back into my mother's womb. See how dumb he was? And he looked at him and shook his head and said Nicademus don't you know you can't do that? Didn't you go to the University? Aren't you educated? You can't do that.

**When I'm talking about being reborn
I'm talking about the renewing of your mind.
Old ideas cast aside, new ones accepted.
Reborn in my mind**

I understood that then. And now I'm ready to do business, I'm ready to do the third Step.

And I knew what they did on Sunday morning at that little church up there about 11 o'clock, and I couldn't wait till I got there. And they basically asked people to come down and do the third Step prayer. So I waited till next Sunday, got there about 3 or 4 minutes till 11:00, I didn't want to get there too early I might hear something that would help me. I got there about 3 or 4 minutes till 11:00 and sure enough they asked people to do that and I came down there and I did, just as the book says,

Step 3 Prayer

Big Book p. 63, par 2, line 1 "We were now at Step Three. Many of us said to our Maker, as we understood Him:
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! We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him."

J & C And I don't know what exactly happened that particular morning, but I do know this. From that Sunday morning till this moment, my life hasn't been the same. It's as if I been walking on the dark side of the street all those years and all of a sudden I'm on the sunny side of the street. And I don't know what happened except I do know that my life has changed. Thank God.

Big Book p. 63, par. 2, line 20 "We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him."

J & C I think the word utterly means completely, whole hardedly, all the way, the entire ball of wax. I hope you don't make the mistake I did. The first time I took Step 3 I got on my knees, which I very seldom did in those days. I said 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..... so on and so on and so forth. And as I finish it up I said now this applies to my alcohol, don't fool with my sex life. Stay out of my money. I can handle that too. God probably said, What an order, I can't go through with it. I said you take the alcohol and I'll take care of the rest. Today I realize the fallacy in that is as far as I know God doesn't even drink, he don't want the alcohol, He's wants me, and He wants all of me.

Just think. If God could direct my thinking in all areas, it might even become better in my sex life, if might even become better in my money areas. If might even become better in all areas. When my thinking becomes better in all areas then surely my life will become better in all areas too. I think we need to realize this is really

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Tape 4 ends - 01:33.18 Tape 5 (00:22)

To do it again later on. I think there's a valid reason behind this. I am told that we alcoholics are born to live in three dimensions. We are born to live with God, with ourselves, and with our fellow human beings.

And if we are praying with other human beings for the first time, we are beginning to get ourselves back together in all three dimensions the way God intended in the first place.

We alcoholics are the funniest people in the world. We'll let our families see us on our knees in the bathroom hugging the porcelain bowl, puking our guts up, morning after morning, after morning. We come to AA and try to straighten out our lives, and we're ashamed and embarrassed to let people see us prayer. Isn't that something. Praying in the company of other human beings is always better. Anybody I work with that I sponsor I require that they take Step 3 with me for two reasons. Number one, if they take it with me I know they have taken it. That's the only way I know for sure. But the real reason is that every time we do it together it means more to me. And it has more strength and more power for myself. I think it's a great idea.

(Tape 5 - 00:01:43.1)

13 minutes