

## **Format for meeting:**

### Record

The Emotional Sobriety Workshop is directed towards anyone who has completed the steps and is seeking to bring G-d into their daily life on a moment to moment basis. The purpose of this workshop is to deepen our program by learning new ways to expand our application of the program of Alcoholics Anonymous and to help us awaken to the powerful spiritual principles embodied in the Twelve Steps. Ultimately the resulting peace of mind and closer conscious contact with the G-d of our understanding will enable us to be of maximum service to G-d, other people and ourselves.

The homework assignments, phone meeting recording reference numbers, documents that are being used in the meeting and other information or announcements will be posted on the blog. Information distributed as a blog "posting" will also be listed on one of the blog pages.

To get to our blog, type the following into your browser's address bar:

<http://emotionalsobrietyandfood.wordpress.com/>

To be added to our "CONTACT LIST", please send your name, telephone number, email address, time zone, and best times to call to:

[emotionalsobriety2013@gmail.com](mailto:emotionalsobriety2013@gmail.com)

Our meetings are recorded and will also be saved to Media Fire, a cloud storage service. This information is secure and only available to members. See the "Recordings" page to find out to access these files.

Please join me for a moment of silence/meditation on why we are here: our own personal recovery and to better prepare ourselves to carry the message of recovery to those who still suffer. After that, we will invite God into the room with the set-aside prayer.

Choose a quiet place. Sit comfortably on the floor or in a chair. Your back should be straight, but not rigid.

Rest your hands in your lap on your knees. Look down at the floor with your eyelids half-closed.

Take a moment to

- Meditate on a passage of inspirational literature or
- Chant or repeat a particular word or phrase.

Bring your attention to the room where you are sitting.

Hear the sounds. Feel your body. Notice your breathing.

Without trying to control your breathing, pay attention to the incoming and outgoing breath.

Take this time to silently connect to God and feel His presence.

If you like, visualize a connection to God like a stream of water.

Thank God for any two things in your life—one current, the other current or past.

Pray and ask God for two material things—one related to today, one related to the future. Thank Him for all he has given you.

Pray and ask God for two spiritual things—one related to today, one related to the future. Thank Him for all he has given you.

Pray and ask God to help others. Thank Him for all he has given everyone.

When you notice your mind wandering, gently return your attention to your breath.

Before we end: Ask God to talk again tomorrow and say “Thank You.”

Now, please join me as we invite God into our meeting by reading the "Set Aside Prayer".

“God, we invite you into this room, to guide and direct each of us as we seek Your Truth. Please set aside within each of us anything that would block us. Lay aside our prejudices about what we think we know about ourselves, our brokenness, this meeting, the steps and our spiritual condition. Remove our fears that we may hear Your Truth through the members of this group. Give us the strength and courage to share Your Truth with each other in a real spirit of Love and Compassion for our fellow man”

We ask that we may have a truly open mind, so we might have a new experience with these things and come to know You better. Please help us see the Truth. Amen

Recap of the week before, make any announcement. Remind group of work that was assigned for this week and the work for the next session.

Reading

Group sharing on questions.

“A Vision for You” (BB pp 164): Reprinted from page 164 of the Big Book of Alcoholic Anonymous. “Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you -- until then.

[Optional: Close meeting with 7th step prayer (or 3rd step prayer if not up to 7th step).]

Step Three:

'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!'

Serenity Prayer