

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.

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.

Meditation 1:

Choose a quiet place.

Sit comfortably on the floor or in a chair.

Sit with your back straight, but not rigid.

Align your head, neck and shoulders with each other.

Place your feet on the floor and rest your hands gently on your lap.

Bring your attention to the room where you are sitting.

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

Breathing in and out naturally through your nose, focus your awareness on your breath, the actual sensations of breathing.

Feel the air at the tip of your nose, over your lip, and the stretching of your abdomen as it rises and falls with each breath.

As you breathe in, allow the abdomen to rise and fill up with air like a balloon. Briefly hold your breath, and then slowly exhale. Briefly hold your breath again, and then inhale slowly, without rushing. (It may be helpful to count from 1-5 as you breathe in, and then from 1-6 as you breathe out.) Repeat this cycle of abdominal breathing up to 5 times.

Now, take a moment to visualize a connection to God and feel His presence.

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

Next, take a few minutes and write down everything that you want in your life, right now. On this list, write all your wants — anything that is blocking you off from God and from connecting to Him.

Now, for 1 minute, talk to God out loud, and thank Him for everything that you want, as if He has already given it to you.

Next, take a moment and think of one area where you are currently being challenged.

Is there anyone that you feel angry or resentful towards?

If so, take the time now to pray for them and forgive them; or pray for them and pray for the willingness to forgive them.

Is there anything that you did which harmed or hurt another person?

What did you do?

Apologize to God, and to yourself. If you harmed someone else, visualize acting differently, and commit to apologizing to them.

What is the character defect that caused the harm?

How can you improve? Commit to doing one thing to help change this behavior and resolve to act differently. Speak to God out loud and tell Him what you are willing to do differently.

Consider, the underlying question: How would God have me be?

For example: rather than be selfish, God would have me be unselfish;

Rather than fearful, God would have me faithful;

rather than be dishonest, God would have me be honest.

Now, take a moment and show God your list, and say, out loud, “God, this is my list of wants. But, what I really want is to be close to You and to do Your will. Please take this list, and please show me and guide me how to take the next right step so I can do Your will always.”

Now, spend a few moments to contemplate: Why am I here? What is my purpose? How can I be of service to others?

Focus your awareness on being grateful. Take a moment, and out loud, thank God for everything He has given you and for this opportunity to connect to Him and feel His presence.

Conclude this meditation by asking God for the opportunity to speak with Him again tomorrow.

Meditation 2:

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".

"Dear 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 disease of COE, 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.

Step 1-3 prayer by Deborah

Dear God:

Here I am, so grateful to You for the gift of abstinence that You have given me.

You and I both know how utterly powerless I am over food and over this compulsion.

I have put things into my mouth to make me feel better, to no avail.

My life has become unmanageable over my effort to control my life with food.

I am powerless over food, and over the people, places and things in my life.

I am powerless over everything.

When I try to exert my will over them, I make a complete mess of things.

I believe with all my heart and all my soul that You, and only You, can restore me to sane, balanced, healthy, and productive living.

You have so graciously proven that to me, over and over, with each abstinent day I've enjoyed.

You are the All-Powerful Creator, who provides my every need at every moment.

Please grant me the gift of abstinence today because I am ready today, with your help, to care for it gratefully and lovingly.

I am putting my whole self in Your hands today, to do with me what You will.

I pray You will grant me the clarity I need to discern whatever is the next right thing for me to do in each situation

You place me in today. God, please stay by my side, as You have done each day.

Support me, I beg of you. It is only with Your infinite Power and love that I can achieve what You desire.

Guide me and show me Your will for me.

Just for today, Lord, I am humbly asking to be Your servant.

Grant me clarity and strength so that I am able to do so in abstinence.

Bless our fellowship that many more can be helped as I was helped.