

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Principle	Theme	Action	Defect	Result
Service	Joy of Living	Helping others/ Right Living	Selfishness	Spiritual Awakening

PRAYER

*Lord, make me a channel of thy peace
That where there is hatred, I may bring love
That where there is wrong, I may bring the spirit of forgiveness,
That where there is discord, I may bring harmony
That where there is error, I may bring truth,
That where there is doubt, I may bring faith
That where there are shadows, I may bring light
That where there is sadness, I may bring joy
Lord, grant that I may seek rather to comfort than to be comforted
To understand than to be understood
To love than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal life. {12 & 12, p. 99}*

REWARDS - Emotional Sobriety; the Joy of Living.

NOTES

- a) STEP SIMPLIFIED: *Keep doing 1-11 and pass it on.*
- b) Pre-AA STEP: *Having had a complete moral, physical, emotional, and financial breakdown as a result of this kind of thinking and living, I tried to drag everyone I loved down to my level. And I practiced these principles in all of my affairs.*
- c) HOW TO WORK THE STEP: **BB page 89**, para. 1, lines 1-7
 - o **BB**: detailed instructions on carrying message of recovery to others
 - o **12 & 12**: concentrates on practicing principles in all our affairs
- d) Heard 3/16/12 – Steps 4-9 are Transformation steps; 10-12 are Sustenance & Growth
- e) Nuggets from **Joe McQ**:
 - o We carry the message...what others do with it is not our responsibility
 - o When we talk with a new person, we talk about our experience, not what we believe
 - o We can't give our faith...they start from where we did & have to go thru the steps on their own
 - o We don't get to choose who gets help...a blessing, because we might not have been chosen

REFERENCES: - BB - Chapter 7 -Working With Others p.89-103

PROMISES:

- *You can help when no one else can. {BB, p. 89}*
- *You can secure their confidence when others fail. {BB, p. 89}*
- *Life will take on new meaning . . . Frequent contact with newcomers and with each other is the bright spot of our lives. {BB, p. 89}*
- *When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. {BB, p. 100}*
- *Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! {BB, p. 100}*
- *Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. {BB, p. 100}*
- *God will keep you unharmed. {BB, p. 102}*

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

- a) *Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our AA group?* {12 & 12, p.111-112}
- b) *. . . our old attitudes toward our instincts need to undergo drastic revisions. . . We have learned that the satisfaction of instincts cannot be the sole end and aim of our lives. If we place instincts first, we have got the cart before the horse.* {12 & 12, p.114}
- c) *Understanding is the key to right principles and attitudes, and right action is the key to good living.* {12 & 12, p.125}
- d) *Bill used to say, "Look at yourself in the middle of your last drunk, and look at yourself now. Is there a difference?". . .The spiritual awakening then is usually something that just doesn't happen at a given period or a given moment in one's life; it is a gradual changing of one's self, a change that keeps going on and on.* {Father Joe Martin, ASHLEY}
- e) *I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:*
 - 1. *Sense of duty.*
 - 2. *It is a pleasure*
 - 3. *Because in so doing I am paying my debt to the man who took time to pass it on to me.*
 - 4. *Because every time I do, I take out a little more insurance for myself against a possible slip.* {BB, p. 180-181}
- f) *AA is more than a set of principles; it is a society of alcoholics in action. We must carry the Message, else we ourselves can wither and those who haven't been given the truth may die.* {As Bill Sees It, p, 13}
- g) *This is indeed the kind of giving that actually demands nothing. He does not expect his brother sufferer to pay him, or even to love him. And then he discovers by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not.* {12 & 12, p. 109}
- h) *Our Twelfth Step - carrying the message - is the basic service that AA's Fellowship gives; this is our principal aim and the main reason for our existence.* {Language Of The Heart, p. 160}
- i) *A spiritual awakening is THE RESULT of working, doing, and LIVING, ALL of the 12 Steps! Then you have this message to carry to others. There is no message unless you have done the first 9 Steps and are living the last three. You can't give what you don't have. You must practice these principles in ALL your affairs.*

Now it is your responsibility to give this message to others as you have received it. Not changed, watered down, or how others may want it in their lives. If they want what you have, they must do what you did. It is now your legacy to hand down, AS IT WAS GIVEN TO YOU -- NO OTHER WAY!!!! It is recommended that two people work with the newcomer through the steps whenever possible, so that both may learn as well as give.

There is no easier, softer way -- this is it. This is the PROGRAM OF RECOVERY as it was in the 1930's in Ohio, as Dr. Bob gave it. You can and DO recover, you don't have to stay sick -- you can and do get WELL!!! This is the solution; this is HOW IT WORKS.
{Clarence Snyder 1944 - A.A. Sponsorship Pamphlet}

BB (concentrates on carrying the message to another)

1. Why? We can help like no one else.
2. Dig up someone – doctor or clergy
3. First visit prep
 - Don't start out as evangelist or reformer; don't force yourself on him; don't talk down or criticize
 - Don't waste time on someone who doesn't want to quit; find another. Might spoil later opportunity.
 - Get a briefing before you see him
 - Get him just as he gets lucid after spree, while still jittery
4. First visit
 - Avoid meeting thru family, and leave them out of first discussion
 - See him alone; talk about your drinking experience up to quitting; avoid how you quit **unless he asks**
 - If his mood is serious, stress the troubles; if his mood is light, tell humorous stories
 - When he sees you know about drinking, describe how you learned you were sick...disease concept
 - Let him ask how you got well...tell him your experience; stress the spiritual feature freely: **choose own concept of God, but become willing to believe in a power > himself & live by spiritual principles**
 - Use everyday language, avoid theological terms; he may know more, but can't apply it to not drink
 - Outline program: you do this for you; no obligation; place welfare of others before self; doesn't need to see you again; don't argue with his rationalizations; tell him about the Fellowship & lend him the BB
 - Don't overstay welcome; starting right away may be mistake; read book & decide *for himself* to go on
 - Encourage trying other ways than AA if he's not interested; would at least like to be friendly & available
- After visit
 - Move on if he's balking...don't deprive another alcoholic
 - Help materially if right (demonstrated commitment) & doesn't put family out (e.g. living in home)
 - ... but stress dependence on God not Man; can get well regardless of anyone – trust God & clean house
 - Be ready to be inconvenienced
 - Help his family even if he doesn't want it
5. Life with his Family
 - Him: put principles into action; focus on own behavior; avoid argument and fault-finding; repair damage
 - Avoid reuniting separated families right away; can recover without family back
 - Don't participate in family arguments, but remind them he's sick and needs time; share own experience
6. Going where alcohol is present
 - If you have to avoid alcohol, you still have an alcoholic mind; spiritual problem
 - Don't avoid place with alcohol *if you have legitimate reason to be there (whoopie parties!)*
 - **Any scheme to combat drinking that relies on shielding you from temptation is doomed to failure. (101)**
 - "Didn't get sober to hang out in church basements"
 - Check that your motive is not vicarious pleasure, & that you are on *solid spiritual ground*
 - Don't think what you'll get out of occasion; rather what you'll bring to it. Be useful!
 - Let friends know they need not change their habits around you.
 - Don't start withdrawing from life after just starting to rejoin it, just because friends drink.
7. Alcohol in home -- each family decide for selves (keep it if for good reason)
 - Don't show intolerance of drinking as an institution; our problems were of our own making.

12x12 (concentrates on practicing principles in all our affairs)

1. Theme = Joy of Living (the key to which is right action)
2. **Spiritual Awakening:** *now able to do, feel & believe that which you could not before unaided.* Free gift as result of practicing the 12 steps -- STEP REVIEW.
3. 12th Step work
 - Carrying the message – by giving to keep it. "Screw-ups" are OK too.
 - Other 12th step work – Sitting in AA meetings; Speaking at a meeting; Coffee making
4. Practicing principles in all our affairs: [4]
 - Two-Stepping: Getting stuck on 1 & 12; result of Pink cloud complacency
 - ❑ Leaves you vulnerable when troubles brew
 - ❑ If work all 12 steps, take troubles in stride & turn them to demos of faith
 - ❑ Anklebiters harder than big lumps, but can face these troubles when we place spiritual growth first (. . . *our old attitudes toward our instincts need to undergo drastic revisions. . . We have learned that the satisfaction*

of instincts cannot be the sole end and aim of our lives. If we place instincts first, we have got the cart before the horse.)

- Emotional Security: practice giving (phase 1); learn to depend on HP (phase 2)
- Marriage: learn how to be more happily married; repair what can, accept what can't
 - Advice on romance (incl within AA)
 - Life can be good without family (AA fellowship, service)
- Financial Security: early panic in sobriety (due to years of waste) gives way to faith
 - even troubles can be turned to good use;
 - \$\$ becomes servant; freedom from fear more important than freedom from want)
- Prestige: In AA we learn to right-size like earth people

The Steps We Took

1. Step 12 is a promise: if we take the first 11 steps, we will have a spiritual awakening.
2. In working with others, we cannot make them willing...they have to do that for themselves
3. We carry the message...what others do with it is not our responsibility
4. When we talk with a new person, we talk about our experience, not what we believe
5. We can't give our faith...he starts from where we did & has to go thru the steps on his own
6. The reward: *the thing that seemed the worst, that we hated the most, is really the jewel of our life . . . it is the only thing we have enough understanding of to offer the rest of the world.*
7. We don't get to choose who gets help...a blessing, because I might not have been chosen
8. *I have grown far more from carrying the message than I grew thru the first eleven steps. This – Step 12 – is the growth step.*
9. The 12 Steps are laws created by God to tell us how a human being should live.
10. *...the reason most people choose to live miserable lives indulging self-will is [that] they are just ignorant;*

Divine Therapy and Addiction

1. Recap:
 - Emotional sobriety through Contemplative tradition like centering prayer
 - Mysterium tremendum et fascinans – direct experience of God
 - *True freedom is union with God's will.*
2. Father Dowling's message to Bill – AA could spread message beyond Alcoholics
 - Bill et al have presented *a succinct and thorough of the Christian contemplative traditions [& others] in a nonsectarian form available to everyone.*
3. Has one worked the steps in depth? – in eyes of others; more important what God thinks than others