

RECAP

STEP 1- Admit we are powerless/life unmanageable

Learned what alcoholic is/the symptoms: Concede **Alcoholic** is to concede/admit **Powerless**

- Allergy- pg xxviii
- Alcoholic Mind- p24 (Insanity that precedes first drink)
- Beyond Human Aid Both Physically & Mentally (bot 24)
 - Cycle- Drinking is our solution to the misery, not the source
 - Quite drinking only increases RID pg 151 (bot) to 152 (Dick re Dandelions)

ROOT OF THE PROBLEM

- Selfishness, Self-Centeredness! (Pg 62) - Have to have Gods Help (also beyond Human Aid)
- Code Of Morals- (pg 44-bot) Beyond Human Aid

Summary-Spiritually Sick- pg, 64 (bot), when the spiritually malady is overcome then we RECOVER

SOLUTION- Overcome the spiritual Malady

- Spiritual Illness- Illness that ONLY Spiritual Experience will conquer (pg 44)
- Dilemma- Lack of Power (pg 45)
Where/How to find the Power? The Books Main Object

Step 2- Came to Believe, Restore to Sanity

Two Parts:

- 1- Came to Believe there is a Power Greater than myself
- 2- **That Power can Restore my Sanity**

Restored to Sanity is to become Recovered (returned to health) and happens once we have a Spiritual Experience

Once Recovered-We get far more than just having the insanity of the first drink removed:

- (Pg 84- bot) We do things to get this way and it says we have to continue doing things (keep in fit spiritual condition) to stay this way- A Way of Living
- Promises (pg 83-bot)
- Rocketed (Pg 25- par1, last sent)
- WE COME TO BELIEVE THIS CAN HAPPEN FROM HEAR/SEEING IT IN OTHERS
- (pg 18) But the ex-problem drinker
- (pg 25- Par 1, line 4) But we saw that it really works in others (spiritual kit)

PART 2: Came to Believe there is a Power Greater than myself

CHAPTER 4 IS ENTIRELY DEVOTED TO STEP 2 & (pg 45, par 2, 2 sentences) THE BOOKS MAIN OBJECT

(The Solution, w/o the book = no solution)

Pg 44 par 2-3, atheist or agnostic

Agnostic, Atheist, Believer

Believer- To regard the existence of God as fact

Atheist- A person who does not believe in the existence of God

Agnostic- A person who holds the view that God is unknown and/or unknowable

Most of us are agnostic, either no background or background that was rejected

WITHOUT KNOWLEDGE

Agnostic Problem- Pg 45 par 2- pg 46 1st full par

We are beyond human aid and need Gods help

- Pg 53, Par 2, When we became alcoholics....

BELIEF VS FAITH

Belief- an idea accepted as truth based on examination of evidence (no experience)

Faith- firm conviction in something, without question (experience)

CAR STORY

YOUR OWN CONCEPTION OF GOD

Much to our relief, Pg 46, 2nd full par - pg 47 1st par

Pg 47, par 3- Great News..

WARNING: Pg 48 (whole par) OSUP- Willingness is only blocked by ego (manifestation of self)
(beat into a state of reasonableness) HAVE YOU BEEN BEATEN ENOUGH?

STEP 2 QUESTION: pg 47, par 2- All we need is to be WILLING TO BELIEVE

Begins with willingness to EXAMINE EVIDENCE

- Others Experience- pg 25
The Great Fact (Factual Accounts)
God did what we could not (beyond human aid)
- Pg 52, par 3, When we saw
- Bill- pg 10, par 3 thru pg 12, last par