

ALCOHOLICS ANONYMOUS

(PAGE 59, CHAPTER 5, HOW IT WORKS) STEP 11

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

① “ABANDON YOURSELF TO GOD AS YOU UNDERSTAND GOD”
(AABB A Vision For You P.164)

② We would like to be assured that the grace of GOD can do for us what we cannot do for ourselves.
(12 & 12 STEP 7 P.76)

③ We found that GOD does not make too hard of terms with those who seek Him.
(BB AA We Agnostics, P.46)

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THOUGHTS TO PONDER

- 1) We Absolutely Insist on Enjoying Life (AABSPG 132)
- 2) Life Will Take on A New meaning. (AABSPG 89)
- 3) Continue To Watch For... Selfishness, Dishonesty, Resentment & Fear. (AABSPG 84)
- 4) For US, MATERIAL Well-being ALWAYS Followed SPIRITUAL Progress; IT NEVER Preceded. (AABSPG 127)
- 5) BUT when I Became Willing To Clean House AND Then ASKED A Higher Power GOD AS I UNDERSTOOD HIM, To Give me Release, MY OBSESSION To Drink VANISHED... (12412 MGE 63)

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THOUGHTS TO PONDER

- ① IT IS EASY TO LET UP ON THE SPIRITUAL PROGRAM OF ACTION & REST ON OUR LAURELS... AARB 85
- ② When we retire at night, we constructively review our DAY... AARB 86
- ③ On AWAKENING LET US THINK ABOUT THE TWENTY-FOUR HOURS AHEAD... AARB 86
- ④ WE CONSTANTLY REMIND OURSELVES WE ARE NO LONGER RUNNING THE SHOW, HUMBLLY SAYING TO OURSELVES MANY TIMES EACH DAY, "THY WILL BE DONE"... AARB 88

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THOUGHTS TO PONDER

- ① We Absolutely insist on enjoying Life
(AA BB ch 9 PG 132)

- ② The Greatest enemies OF US ALCOHOLICS ARE
Resentment, Jealousy, Envy, Frustration And Fear
(A.A. B.B. ch 10 PG 145 TO EMPLOYERS)

- ③ AS AN Insurance AGAINST “Big-Shot-ism” we CAN
OFTEN check ourselves BY remembering that we ARE TODAY
SOBER ONLY BY THE GRACE OF GOD AND THAT ANY SUCCESS WE
MAY BE HAVING IS FAR MORE HIS SUCCESS THAN OURS.
(12412 step 10 P. 92)

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THOUGHTS TO PONDER

- 1) A New Life HAS Been Given US or, if you Prefer, “A Design For Living”, That Really Works! (AABBPg 28)
- 2) The Delusion that we are like other people, or Presently may be, HAS To Be Smashed, (AABBPg 30)
- 3) We claim SPIRITUAL Progress rather than SPIRITUAL Perfection, (AABBPg 60)
- 4) Next, We Decided That Hereafter in this Drama of Life, GOD WAS going To Be our DIRECTOR. (AABBPg 62)

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THOUGHTS TO PONDER

- 1) GOD WILL CONSTANTLY DISCLOSE MORE TO YOU AND TO US (AA PG 164)
- 2) AT NO TIME HAD WE ASKED WHAT GODS WILL WAS FOR US; INSTEAD WE HAD BEEN TELLING HIM WHAT IT OUGHT TO BE (12412 PG 31)
- 3) EVERY DAY IS A DAY WHEN WE MUST CARRY THE VISION OF GODS WILL INTO ALL OF OUR ACTIVITIES. (AA PG 85)
- 4) QUITE AS IMPORTANT WAS THE DISCOVERY THAT SPIRITUAL PRINCIPLES WOULD SOLVE ALL MY PROBLEMS. (AA PG. 42)

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THOUGHTS TO PONDER

- 1) Rule 62 – (Middleton Group #1) “Don't Take Yourself TO DAMN SERIOUSLY.” (12412) Tradition 4 p6153 Small Book
- 2) “Why Don't you choose your own conception of God” (AABBS p.12)
- 3) But There is One who has All Power – That one is GOD. (AABBS p.59)
- 4) ABANDON Yourself To GOD AS YOU UNDERSTAND GOD. (AABBS p6164)

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THOUGHTS TO PONDER

- ① “Imagine Life without Faith! Were nothing LEFT BUT Pure Reason, it wouldn't Be Life.” (A.A. Bk 4 We AGNOtIS Pg 54)

- ② “We FINALLY SAW THAT Faith in some kind of GOD WAS PART OF OUR MAKEUP, JUST AS MUCH AS THE Feeling we have For A Friend. Sometimes we HAD TO search Fearlessly, BUT HE WAS THERE.” (A.A. Bk 4 We AGNOtIS Pg 55)

- ③ “True Humility And An open mind CAN LEAD US TO FAITH, And every A.A. meeting is A ASSURANCE that GOD will Restore US TO Sanity if we RIGHTLY Relate Ourselves To Him” (Twelve & Twelve Step 2 Pg 33)

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THOUGHTS TO PONDER

- ① The moment we say “No Never”! our minds close AGAINST the GRACE OF GOD. (12 & 12 Step 6 p. 69)

- ② Abandon yourself to GOD AS you understand GOD
(BB 4th p. 164 A vision for you)

- ③ In FACT, the effectiveness of the whole A.A. Program will rest upon how well and earnestly we have tried to come to a Decision to turn our will and our Lives over to the care of GOD AS we understood Him
(12 & 12 Step Three p. 35)

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THOUGHTS TO PONDER

- 1) The Delusion That We Are Like other People, or Presently may Be, has to be Smashed (AABSPG 30)
- 2) And We Have Ceased Fighting Anything or Anyone Even Alcohol (AABSPG 84)
- 3) Continue To watch For Selfishness, Dishonesty, Resentment, & Fear. (AABSPG 84)
- 4) Prayer and meditation are our Principal means OF CONSCIOUS CONTACT With God. (12412 Page 96 Step 11)

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THOUGHTS TO PONDER

- ① “IF Newcomers could see no JOY or FUN in our existence, they wouldn't want it.” “We ABSOLUTELY insist on ENJOYING LIFE.” (AABB PG 132 “The Family Afterward”)
- ② We ARE SURE GOD WANTS US TO BE HAPPY, JOYOUS, AND FREE.” (AABB PG 133 “The Family Afterward”)
- ③ “Having so considered our day, not omitting to take due note of things well done, we can truly thank God for the BLESSINGS we HAVE RECEIVED and sleep in good conscience.” (12412 PG 95)

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THOUGHTS TO PONDER

- ① We will suddenly realize that GOD is doing for US what we could not do for ourselves (BBAMP 84/ introduction)

- ② GOD ought to be able to do anything (A vision for you BBAMP 158)

- ③ The Persistent use of meditation and Prayer, we found did open the channel so that where there had been a Trickle; there now was a River which led to sure. Power and SAFE guidance from GOD as we were increasingly better to understand Him. (12412 P.109 STEP 12)

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THOUGHTS TO PONDER

- 1) We now clearly see that we have been making unreasonable demands upon ourselves, upon others & upon GOD. (12412 P. 76)
- 2) made a decision to turn our will and our lives over to the Care of GOD as we understood Him (BB P. 659)
- 3) I was to test my thinking by the new GOD-consciousness within... (BB P. 13)
- 4) The fact was we really hadn't cleaned house so that the GRACE OF GOD could enter us and expel the obsession... (12412 P. 32)

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THOUGHTS TO PONDER

- ① We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink. (AAB page 24)
- ② There is a solution. (AABR page 25)
- ③ The only condition is that he trust in God and clean house. (AAB page 98)

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THOUGHTS TO PONDER

- ① "IT WAS ONLY A MATTER OF BEING WILLING TO BELIEVE IN A POWER GREATER THAN MYSELF". (AA, BB PG 12 BILLS STORY)
- ② "WE HAD PASSED INTO THE REGION FROM WHICH THERE IS NO RETURN THROUGH HUMAN AID", TWO CHOICES LIVE OR DIE.
(AA, BB PG 25 THERE IS A SOLUTION)
- ③ "BELIEF MEANT RELIANCE, NOT DEFIANCE"
(TWELVE & TWELVE PG 31)

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THOUGHTS TO PONDER

(AARB PG.67)

- 1) GOD SAVE ME FROM BEING ANGRY
- 2) IT is when we try to make our WILL conform with GOD'S that we begin to use IT "RIGHTLY". (12412 PG 40)
- 3) IN MEDITATION, we ASK GOD what we SHOULD DO ABOUT SPECIFIC MATTER. (AARB PG 69)
- 4) GOD WILL constantly DISCLOSE more to YOU AND TO US. (AARB 164)

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THOUGHTS TO PONDER

- 1) NO MATTER how FAR we HAVE Progressed, Desires will ALWAYS be Found which OPPOSE The GRACE OF GOD... (12412 PAGE 66)
- 2) BUT There is One who has ALL Power That One is GOD.. (AARB PAGE 59)
- 3) FIRST OF ALL, we HAD To QUIT PLAYING GOD.. (AARB 16-62)
- 4) Time AFTER Time, This APPARENT CALAMITY has Been has been A BOON To US, For it opened UP A PATH which LED To The Discovery OF GOD.. (AARB PAGE 116)

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THOUGHTS TO PONDER

- ① "We will NOT regret the past nor wish to shut the door on it." (PG 83 BB 4th A.O. AA) into action
- ② "We will suddenly realize that GOD is doing for us what we could not do for ourselves." (PG 84 BB AA) into action
- ③ "You are AN A.A. member if you say so." (PG 139 Twelve & Twelve, Tradition 3)

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- ① “We will NOT regret the past nor wish to shut the door ON IT.” (PG 83 BB 4th AAO. AA) into action
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- ③ “You are AN A.A. member if you say so.” (PG 139 Twelve & Twelve, Tradition 3)

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THOUGHTS TO PONDER

- (1) PRAYER and meditation are our Principal means of conscious contact with GOD. (12412-1696 step 11)

- (2) For we are Now on a different basis; the basis of Trusting and relying upon GOD. (BB ch. 5 p. 68)

- (3) We Hope you are convinced now that GOD CAN Remove whatever self-will has blocked you off from Him. (BB ch. 5 p. 671)

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THOUGHTS TO PONDER

① When we are Honest with Another Person, it Confirms that we have been Honest with ourselves and with GOD.
(12 & 12 P. 60 Step 5.)

② Our Real Purpose is to Fit ourselves to be of MAXIMUM Service to GOD and the People ABOUT US.
(AABP P. 77 INTO ACTION)

There I HumblY offered myself to GOD, AS I then Understood Him, to do with me AS He would.
(AA BOP. 13 Bills Story)

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THOUGHTS TO PONDER

- ① “We Have Begun To Develop This VITAL Sixth Sense.”
(AA BB PG 85 into action)
- ② “Love And Tolerance Of Others is our CODE.”
(AABB PG 84 into action)
- ③ “We will suddenly realize That GOD is doing For US what we COULD NOT DO For ourselves” (AA BB PG 84 into action)
- ④ “BUT When we Approach Step Ten we Commence To Put our A.A. WAY OF Living To PRACTICAL use, DAY BY DAY, in Fair weather or Foul”. (12 & 12 Page 88 Step 10)

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THOUGHTS TO PONDER

- ① OUR Design For Living is not a one way street.
AABB 81
- ② We Feel A MAN is onThinking when He SAYS "THAT Sobriety is Enough". AABB 82
- ③ The SPIRITUAL Life is not A Theory. WE Have To Live it...
AABB 83
- ④ OUR Whole ATTITUDE & outlook Upon Life will change.
AABB 84

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THOUGHTS TO PONDER

- ① “MANY OF US HAVE FELT FOR THE FIRST TIME, THE PRESENCE AND POWER OF GOD WITHIN ITS WALLS” (BB AVISION FOR YOU P. 162)

- ② “Nothing, ABSOLUTELY NOTHING HAPPENS IN GOD'S WORLD BY MISTAKE!!” (BB PERSONAL STORY 4th AD. ACCEPTABLE P. 417)

- ③ “AT NO TIME HAD WE ASKED WHAT GOD'S WILL WAS FOR US; INSTEAD WE HAD BEEN TELLING HIM WHAT IT OUGHT TO BE.”
(12 & 12 STEP 2 P. 31)

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THOUGHTS TO PONDER

1) The Power of God goes Deep. (AABDP.114 To Wives)

2) GOD grant us the Serenity to accept the things we cannot change, Courage to change the things we CAN, AND the wisdom to know the difference. (12 & 12 STEP 12 P. 125)

3) When we developed still more, we discovered the Best Possible source of emotional stability to be GOD Himself. (12 & 12 STEP 12, P. 116)

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THOUGHTS TO PONDER

“PRAYER And MEDITATION are our PRINCIPAL means of CONSCIOUS CONTACT with GOD”. (12412) PG 96 STEP 11)

GOD GAVE US BRAINS TO USE.
(P. 86 STEP 11 AABBS INTO ACTION)

“ON AWAKENING LET US THINK ABOUT THE TWENTY-FOUR HOURS AHEAD.” WE ASK GOD TO DIRECT OUR THINKING”. (AABBS P. 86 STEP 11 INTO ACTION)

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THOUGHTS TO PONDER

- ① WHAT Seemed AT First A Flimsy Feed, HAS Proved To Be The Loving And Powerful Hand OF GOD.
(AA. B.B. There is A Solution, P. 6, 28)

- ② When, Therefore, we Speak To You OF GOD, We mean Your own conception OF GOD.
(AA BB, we agnostics, P. 47)

- ③ Relieved OF the Alcohol obsession, their Lives unaccountably Transformed; they Came To Believe in A Higher Power, And most OF Them Began To Talk OF GOD. (12 & 12 step 2 P. 28)

ALCOHOLICS ANONYMOUS

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SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- 1) WHAT Seemed At First A Flimsy Reed, has Proved To Be The Loving And Powerful HAND OF GOD. (AAS PG 28)
- 2) Who are you To SAY there is No GOD. (AAS PG 56)
- 3) We Said “why can’t GOD AS WE UnderSTand Him Tell US where we are ASTRAY.” (12412 PG 59)
- 4) We Thank GOD From the Bottom OF OUR Heart that we Know Him BETTER. (AAS PG 75)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

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THOUGHTS TO PONDER

- ① ‘ACTUALLY we ^{were} fooling ourselves for deep down in every man, woman, and child is the FUNDAMENTAL IDEA OF GOD.” (AA BB P. 55 we Agnostics)
- ② ‘MUCH To our relief, we discovered we did not need to consider another’s conception of GOD.” (AA BB P. 46 we Agnostics)
- ③ The FACT was we really hadn’t cleaned house so that the GRACE of GOD could enter us and expel the obsession.
(12412 P. 32 step 2)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- 1) Prayer is the Raising of the ~~Heart~~^{Heart} and mind to GOD—
And in this Sense it includes meditation. (12412 Page 102)
- 2) To some extent we HAVE Become GOD ^{conscious} ~~conscious~~ (AABB Page 85)
- 3) IF GOD CAN Solve the Age old Riddle of Alcoholism, He CAN Solve your Problems TOO. (AABB Page 116)
- 4) We Found THAT GOD does NOT make TOO Hard Terms, with Those who Seek Him. (AABB Page 46)

ALCOHOLICS ANONYMOUS

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- ① “The Spiritual Life is not a Theory!!!
(AABB PG 101) 83
- ② “We Feel A man is unThinking when he SAYS that sobriety is enough”. (AABB PG 101) 82
- ③ “The Greatest enemies of us Alcoholics are Resentment, Jealousy, envy, Frustration AND FEAR”. (AABB PG 145)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- ① “Do NOT Let Any Prejudice You MAY HAVE Against SPIRITUAL TERMS Deter You From Honestly Asking Yourself What they mean TO YOU” (RA BB ch.4 we AGnostics PG 47)

- ② “People OF FAith have A Logical IDEA OF what Life IS All ABOUT.” (RA BB ch. we AGnostics PG 49)

- ③ “We clung To the CLAIM that when Drinking we NEVER Hurt Anybody BUT ourselves.” (RA Twelve & Twelve PG 79)

ALCOHOLICS ANONYMOUS

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- ① “BUT OBVIOUSLY YOU CANNOT TRANSMIT SOMETHING YOU HAVEN'T GOT.” (BB ch 11 A vision for you pg 164)
- ② “ABANDON YOURSELF TO GOD AS YOU UNDERSTAND GOD.”
“ADMIT YOUR FAULTS TO HIM AND TO YOUR FELLOWS”
(B.B. ch 11 - A vision for you pg 164)
- ③ “True Ambition is the Deep Desire To Live Usefully AND WALK HUMBLY UNDER THE GRACE OF GOD.”
(Twelve & Twelve - Step 12 - pg 125)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

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THOUGHTS TO PONDER

- 1) A SPOT-check Inventory taken in the midst of Disturbances CAN be of very great help in quieting stormy Emotions. (12412 PG 90)
- 2) IN NEARLY ALL CASES, their IDEALS must Be Grounded IN A Power Greater than themselves, if they are to Re-Create Their Lives. (AARB XXVIII-1828)
- 3) These Allergic Types CAN NEVER SAFELY use Alcohol in Any Form AT ALL. (AARB XXVIII 1828)
- 4) ONE Feels that something more than HUMAN Power is Needed To Produce The ESSENTIAL PSYCHIC CHANGE. (AARB XXIX 1929)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

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THOUGHTS TO PONDER

- 1) PRAYER, AS COMMONLY UNDERSTOOD IS A PETITION TO GOD. (12412 STEP 11 P.102)
- 2) The minute we PUT our WORK on a SERVICE-PLANE the ALCOHOLIC COMMENCES TO RELY UPON OUR ASSISTANCE RATHER THEN UPON GOD!! (AABBB PAGE 98)
- 3) True AMBITION IS THE DEEP DESIRE TO LIVE USEFULLY AND WALK HUMBLY UNDER THE GRACE OF GOD. (12412 P.105)
- 4) THAT GOD COULD AND WOULD IF HE WAS SOUGHT!!
AABBB/PAGE 60

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

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THOUGHTS TO PONDER

- 1) NO MATTER how FAR we HAVE Progressed, Desires will ALWAYS be Found which OPPOSE The GRACE OF GOD... (12/12 PAGE 66)
- 2) BUT There is ONE who has ALL Power That ONE is GOD!.. (AARB PAGE 59)
- 3) FIRST OF ALL, we HAD To QUIT PLAYING GOD... (PAGE 62)
- 4) Time AFTER Time, This APPARENT CALAMITY HAS BEEN has been A BOON To US, FOR it OPENED UP A PATH which LED To The DISCOVERY OF GOD... (AARB PAGE 116)

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GODS REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

- 1) "QUITE AS IMPORTANT WAS THE DISCOVERY THAT SPIRITUAL PRINCIPLES WOULD SOLVE ALL MY PROBLEMS" (PG 42 AABR)
- 2) "IF WE STILL CLING TO SOMETHING WE WILL NOT LET GO" (PG 76 AABR)
- 3) AND WE HAVE CEASED FIGHTING ANYTHING OR ANYONE – EVEN ALCOHOL (PG 84 AABR)
- 4) The MOMENT WE SAID, "NO MORE"! OUR MINDS CLOSE AGAINST THE GRACE OF GOD.

12412 PG 69
STEP 6

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GOD’S REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

1.	“ <u>Prayer</u> and <u>meditation</u> are our <u>principle</u> means of <u>conscious contact</u> with <u>God</u> ” Twelve & Twelve, P96
2.	“ <u>God</u> gave us <u>Brains</u> to <u>use</u> ” A.A. BB, P86 Into Action
3.	“On awakening let us think about the twenty four hours ahead. We ask God to direct our thinking” A.A. BB, P86

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

“WE ALL NEED THE LIGHT OF GOD’S REALITY, THE NOURISHMENT OF HIS STRENGTH, AND THE ATMOSPHERE OF HIS GRACE”

THOUGHTS TO PONDER

1.	“Moderate drinkers have little trouble in giving up liquor entirely. They can take it or leave it alone” A.A. BB, P20
2.	“If, when you honestly want to, you find you cannot quit entirely or when drinking, you have little control over the amount you drink, you are probably an alcoholic” A.A. BB, P44
3.	“Lack of Power, that was our dilemma. We had to find a power... and it had to be a Power greater than ourselves” A.A. BB, P45
4.	“...deep down in every man, woman and child, is the fundamental idea of God” A.A. BB, P55

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TWELVE STEPS AND TWELVE TRADITIONS – PAGE 97 STEP 11 (QUOTE)

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THOUGHTS TO PONDER

- ① // We Do not Tire so easily, For We Are not Burning up energy Foolishly As We Did when We Were Trying To Arrange Life To Suit OURSELVES.
(AARD, PAGE 88, STEP 11, INTO ACTION)

- ② * WE ALCOHOLICS ARE UNDISCIPLINED. So We Let God Discipline US. (AARD, PAGE 88, STEP 11, INTO ACTION)

- ③ // IT IS AA'S experience THAT PARTICULARLY in These CASES We OUGHT To PRAY that GOD'S WILL, WHATEVER IT IS, Be DONE For others AS WELL AS For ourselves!
(12412 STEP 11 P. 104)

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THOUGHTS TO PONDER

1.	“The main problem with the alcoholic centers in his head” A.A. BB P23, There is a Solution
2.	“Fourth Dimension” A.A. BB P25, There is a Solution
3.	“Spiritual principles would solve all my problems” A.A. BB P42, More About Alcoholism
4.	“For us, material well-being always followed spiritual progress, it never preceded” A.A. BB P127, The Family Afterwards

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THOUGHTS TO PONDER

1.	“Our troubles, we think, are basically of our own making” A.A. BB P62, How It Works
2.	“So We had to get down to causes and conditions” A.A. BB P64, How It Works
3.	“When the spiritual malady is overcome, We straighten out mentally and physically” A.A BB P64, How It Works
4.	“Why don’t you choose your own conception of God?” A.A. BB P12, Bill’s Story

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THOUGHTS TO PONDER

1.	“The only requirement for membership is the desire to stop drinking” Twelve & Twelve, P139
2.	“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition” A.A. BB, P85
3.	“We are going to know a new freedom and a new happiness” A.A. BB, P83
4.	“Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced to perfection. The remaining eleven steps state perfect ideals” Twelve & Twelve, P68

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THOUGHTS TO PONDER

1.	“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us” Twelve & Twelve, P90
2.	“Nothing pays off like restraint of tongue and pen” Twelve & Twelve, P91
3.	“If you have a resentment you want to free of, if you will pray for the person or thing that you resent, you will be free” A.A. BB, P552
4.	“Under very trying conditions I have had, again and again, to forgive others – also myself” As Bill Sees It, P268

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THOUGHTS TO PONDER

1.	“Quite as important was the discovery that spiritual principles would solve all my problems” A.A. BB, P42
2.	“There is only one key and it is called willingness” Twelve & Twelve, P34
3.	“The minute I stopped arguing, I could begin to see and feel” Twelve & Twelve, P27

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THOUGHTS TO PONDER

1.	“And with us, to drink is to die. If we were to live, we had to be free of anger.” A.A. BB, P66
2.	“Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be.” A.A. BB, P79
3.	“To be doomed to an alcoholic death or to live on a spiritual bases are not always easy alternatives to face.” A.A. BB, P44

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THOUGHTS TO PONDER

1.	“We are not allied with any particular faith, sect or denomination, <u>nor do we oppose any one</u> . We simply wish to be helpful to those who are afflicted” A.A. BB, PXIV – Fwd to 1 st Edition
2.	“...the broker had been relieved of his drink obsession by a sudden spiritual experience...” Not prayed or asked for? A.A. BB, PXV – Fwd to the 2 nd Edition
3.	“The basic principles... for many different lifestyles...” Is the change to the wording in the preamble from ‘men and women’ to ‘people’ an omen of a changing A.A.? A.A. BB, PXXII – Fwd to the 3 rd Edition

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THOUGHTS TO PONDER

1.	“The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way that is indeed miraculous.” A.A. BB, P25
2.	“Ideas, emotions and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.” A.A. BB, P27
3.	“We never apologize for God. Instead, we let him demonstrate, through us, what He can do. We ask him to remove our fear and direct our attention to what He would have us be.” A.A. BB, P68

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THOUGHTS TO PONDER

1. "If he is to find God, the desire must come from within.
(B.B. pg. 95)
2. "We asked God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend."
(B.B. pg. 67)
3. "One of its fruits is emotional balance" (step 11, 12 + 12 pg. 101-102)
4. "The unity of A.A. is the most cherished quality our Society has" (Trad. 1, 12 + 12 pg. 129) —
5. "He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone."
(B.B. pg. 567)

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THOUGHTS TO PONDER

1. "As God's people we stand on our feet; we don't crawl before anyone." (B.B.pg.83)
2. "Yet these instincts, so necessary for our existence, often far exceed their proper functions." (step 4, 12x12 pg.42)
3. "The moment we say "No, never!" our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal." (12x12 step 6, pg.69)