

# Beyond the Basics

## Big Book 12 Step Recovery

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Date of Grace: 11/17/1994

*Birthplace of the Program:*



**Power House Recovery Center**

PowerHouseRecovery.com 713-442-1919

You tried **AA**?

Maybe you need **BB**!

*Have you “lost the power of choice”?* (p.24)

**AA** = DON'T DRINK; GO TO “**AA**” MEETINGS

**BB** = “**BIG BOOK**” 12-STEP RECOVERY

*(BB Study: “The Progressive Nature of Alcoholism”)*

The **BIG BOOK (BB)**  
of **ALCOHOLICS ANONYMOUS**  
is a **“SURVIVAL GUIDE”**  
with **“DO-OR-DIE” DIRECTIVES**  
for **HOPELESS ALCOHOLICS**

# Four "Do-or-Die" Directives from the Big Book

1)

**WAKE UP OR DIE!**  
*Wake Up or Die! Wake  
Up or Die! Wake Up  
or Die! WAKE UP  
OR DIE! Wake Up or Die!*

2)

**Get Spiritual or Die.**  
**GET SPIRITUAL  
OR DIE! *Get  
Spiritual or Die.***  
*Get Spiritual or Die.*

3)

**CLEAN HOUSE OR  
DIE! Clean House or  
Die! Clean House or Die! *Clean  
House or Die! CLEAN  
HOUSE OR DIE!***

4)

*Work with Others or Die!*  
***Work with Others or  
Die!* WORK WITH  
OTHERS OR DIE!**  
*Work with Others or Die!*

(Revised: 09/22/2020)

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***Opening the Meeting***

## Opening:

- Welcome to the 7 PM Monday night “**BEYOND HUMAN AID**” group. We have “set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life.” (Big Book p.159)
- My name is \_\_\_\_\_ and I am an Alcoholic.
- Anyone here for their first AA Meeting?
- Any first time visitors attending this group?
- In accordance with 7<sup>th</sup> tradition, we will be passing the basket during the meeting.

## **Prayer & Meditation:**

- Please join with us now to open this meeting with the THIRD STEP PRAYER.
- Followed by a moment of silence for each to use in his or her own way.

**- Prayer -**

*(Go to next slide - recite 3rd Step prayer)*

**- Meditation -**

*(Follow with a moment of silence)*

## *Third Step Prayer*

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. (p.63)

*(Follow with a moment of silence)*



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***BB12Step Meeting Preamble***

## ***BB12Step Meeting Preamble***

- We are gathered here because we are faced with the fact that we are powerless over alcohol and are unable to do anything about it without the help of a Power greater than ourselves. (1940 AA Preamble)
- Probably no human power could have relieved our alcoholism. (Big Book p.60)
- The simple purpose of our program is to show what may be done to enlist the aid of a Power greater than ourselves.  
(1940 AA Preamble)

## ***BB12Step Meeting Preamble***

- Rarely have we seen a person fail who has thoroughly followed our program. ... Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. (1940 AA Preamble)
- We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book. (1940 AA Preamble)

# **BB12Step Meeting Preamble**

- There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

(1940 AA Preamble)

- Our REAL PURPOSE is to fit ourselves to be of maximum service to God and the people about us. (Big Book p.77) Big Book

- Faith has to work twenty-four hours a day in and through us or we perish. (Big Book p.16) & (1940 AA Preamble)

*Note: This composition was created using quotes from the 1940 AA Preamble and Big Book of Alcoholics Anonymous*

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**Key Word: “WILLINGNESS”**

***Big Book (BB) Key Word:***

# **Willingness**

***def. will·ing·ness /'wiliNGnəs /***

- 1. the quality of being eager to take action without delay or requiring persuasion.  
(i.e. speaking the truth; upright conduct)***

**SYNONYMS: *enthusiasm, voluntary, compliance***

**ANTONYMS: *procrastination, reluctance, lazy***

***What does the Big Book Say?***



## **BB Key Word: "WILLINGNESS"**

- "MOST OF US have been unwilling to admit we were real alcoholics." No person likes to think he is bodily and mentally different from his fellows." (p.30)
- Most alcoholics have to be pretty badly mangled before they really commence to solve their problems." (p.43)
- "If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps." (p.58)      *How willing are you?*



## **BB Key Word: "WILLINGNESS"**

- What do they mean by "willing to go to any length"? Here's what it looks like:
- "We ... sought the same escape with all the desperation of drowning men." (p.28)

### **Desperation inspires Willingness**

*Dr. Bob had a lot willingness – for years he pursued a spiritual means of recovery without success. When convinced by Bill W. of the hopelessness of alcoholism, he took action with a willingness inspired by desperation.*

G.O.D.

MAY GOD BLESS YOU WITH THE

**G**IFT **O**F **D**ESPERATION

G.O.D.

## **BB Key Word: "WILLINGNESS"**

- "This physician had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950." (Forward 2<sup>nd</sup> Edition)

**Hopelessness inspires Willingness**



The willingness to do  
creates the ability to do.

Peter McWilliams