

SURRENDER SCHOOL
PRESENTS
JOE & CHARLIE
BIG BOOK STUDY
WEEK 6



WE RECOVER!

Different Paths Shared Solutions

[Home](#) [About Us](#) [Everything We Offer](#) [Contact Us](#) [Donate](#) [Private](#)

- Book Studies
- Meditations
- Step Studies
- Workshops
- Work the Steps on your Own or With a Sponsor

MISSION STATEMENT
At Surrender School
Our mission is to share 12-Step and other support
want a healthy relationship
All of our Workshops are Free, Register Below

- 2024 Joe and Charlie
- 2023 Quick Step Study – Nov – Dec
- Work the Steps using a “Study Guide for Overeaters”

Question of the Day
Does facing life on life's terms
limit me or free me?

HOW TO ACCESS [SURRENDER SCHOOL](#)

JOE AND CHARLIE PREVIOUS SESSIONS, HOMEWORK AND DOCUMENTS.

MESSAGES FROM THE
SURRENDER SCHOOL BOARD

SET ASIDE PRAYER

God, please set aside everything I think I know about myself, my emotional sobriety, the 12 Steps and You; for an open mind and a new experience of myself, my emotional sobriety, the 12 Steps and especially You!

JOE AND CHARLIE - BIG BOOK STUDY

SEPTEMBER 1 – NOVEMBER 3

- [AA HISTORY](#)
- [THE DOCTOR'S OPINION](#)
- [BILL'S STORY](#)
- [THERE IS A SOLUTION](#)
- [MORE ABOUT ALCOHOLISM AND WE AGNOSTICS](#)
- [STEP 1, STEP 2, AND STEP 3](#) (*HOW IT WORKS*)
- [STEP 4](#) – PART 1
- [STEP 4](#) – PART 2
- [STEP 5, STEP 6, AND STEP 7](#)
- [STEP 8, STEP 9, STEP 10, STEP 11, STEP 12](#)

YOUTUBE - [12 Step Retro Speakers](#)

AA Big Book Online PDF - [AA Netherlands](#)

Link to Handout Source - [Take The 12](#)

History and Historical Fact Checks: [Silkworth.net](#)



MODERATOR, PLEASE START
THE RECORDING



Joe McQ,
Joe McQuany - (AA)
(1928-2007, 78 years old)
Sober: 1962 - 2007



Charlie P
Charlie Parmley - (AA)
(1929-2011, 82 years old)
Sober: 1970 - 2011

**We are not the gurus of
Alcoholic Anonymous!**

**We do not speak for AA
as a whole!**

AA BIG BOOK STUDY WEEK 5

HOW IT WORKS
STEPS 1, 2 & 3

AA Big Book Layout

GOALS OF THE BIG BOOK:

- **1st GOAL - THE PROBLEM**
 - *The Dr.'s Opinion*
 - *Chapter 1 - Bill's Story*
- **2nd GOAL - THE SOLUTION**
 - *Chapter 2: There Is A Solution*
 - **Chapter 3: More About Alcoholism**
 - *Chapter 4: We Agnostics*
- **3rd GOAL – ACTION**
 - *Chapter 5: How It Works*
 - *Chapter 6: Into Action*
 - *Chapter 7: Working with Others*

GOALS OF THE BIG BOOK

GOAL 1 Describe The PROBLEM	GOAL 2 Describe The SOLUTION	GOAL 3 Define The ACTION Necessary for Recovery.
Doctors's Opinion Chapter 1 – Bill's Story	Chapter 2 -There Is A Solution Chapter 3 –More About Alcoholism Chapter 4 – We Agnostics	Chapter 5 –How It Works Chapter 6 –Into Action Chapter 7 –Working With Others
STEP 1	STEP 2	STEPS 3 4 5 6 7 8 9 10 11 12

HOW IT WORKS - STEPS 1, 2 & 3

ARE YOU READY TO DECIDE?



Step One

We admitted we were powerless over alcohol—that our lives had become unmanageable

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him

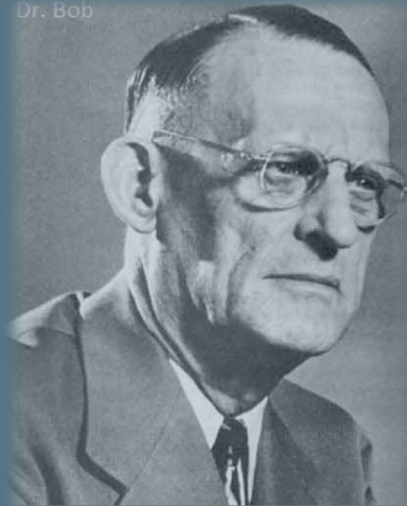
HOW IT WORKS - STEPS 1, 2 & 3 OXFORD GROUP 4 ABSOLUTES AND 6 TENETS



The 4 Absolutes of the Oxford Group:

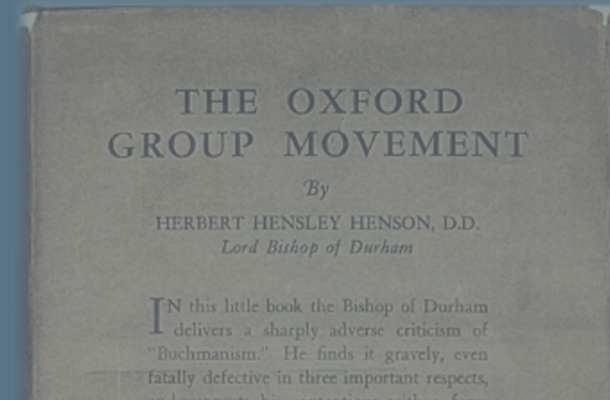
1. Absolute Love
2. Absolute Purity
3. Absolute Honesty
4. Absolute Unselfishness

Dr. Bob



"Remember, Bill, let's not louse this thing up. Let's keep it simple."

<https://www.oxfordgroup.com>



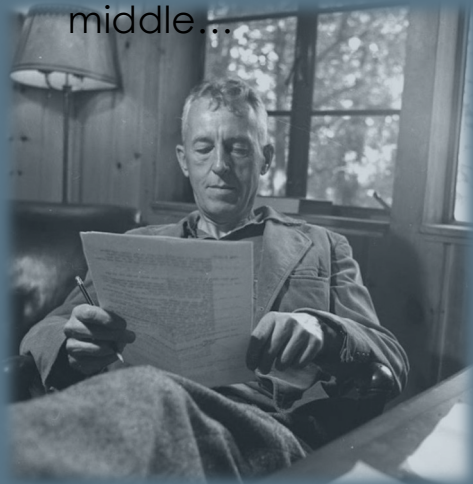
The 6 Practices of the Oxford Group: (Tenets)

1. Complete deflation.
2. Dependence and guidance from a Higher Power.
3. Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with other alcoholics.

HOW IT WORKS - STEPS 1, 2 & 3 OXFORD GROUP 4 ABSOLUTES AND 6 TENETS

By that time AA had really divided into you might say **three factions**.

1. In **Akron** where Dr. Bob was they **didn't have any problem with God**.
2. But the **New York City people** were an entirely different breed of cat. They **really didn't want anything to do with God** if they could avoid it.
 - They would have preferred a book dealing with the mind rather than spirituality period.
3. There was finally a **third** faction that said, **let's talk about God, but let's not talk about him too much**, let's come down somewhere in the middle...



He said I put down the pad and the pencil and said I prayed and asked God for help and direction and said I meditated for maybe 10 or 15 minutes and he said after a while I reached over and picked up the pad and the pencil and he said it felt as if the pencil had a mind of its own as it raced across the pages. In less than 30 minutes he had written How It Works.

HOW IT WORKS - STEPS 1, 2 & 3

HOW IT WORKS (ORIGINAL)



How it Works (Original Manuscript)



Rarely have we seen a person fail who has thoroughly followed our **directions**. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way.

They are naturally incapable of grasping and developing a **way of life** which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.



HOW IT WORKS - STEPS 1, 2 & 3

HOW IT WORKS (ORIGINAL)

How it Works (Original Manuscript)

Our stories disclose in a general way what **we used to be like, what happened, and what we are like now**. 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 **follow directions**.

At some of these **you may balk**. **You may think you can** find an easier, softer way. **We doubt if you can**. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that **you are dealing** with alcohol - cunning, baffling, powerful! **Without help** it is too much for **you**. But there is One who has all power - That One is God. **You must** find Him now!

Half measures **will avail you** nothing. **You stand** at the turning point. **Throw yourself under** His protection and care with complete abandon. **Now we think you can take it!**



Moderator: Please post this question:

- **Are you constitutionally incapable of being honest with yourself?**



HOW IT WORKS - STEPS 1, 2 & 3

THE 12 STEPS



How it Works (Original Manuscript)

Here are the steps we took, which are suggested as **your** Program of Recovery:

1. Admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care **and direction** of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely **willing that** God remove all these defects of character.

HOW IT WORKS - STEPS 1, 2 & 3

THE 12 STEPS

How it Works (Original Manuscript)

7. Humbly, **on our knees**, asked Him to remove our shortcomings - **holding nothing back**.
8. Made a list of all persons we had harmed, and became willing to make **complete** amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our contact with God, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual **experience** as the result of this **course of action**, we tried to carry this message to **others, especially** alcoholics, and to practice these principles in all our affairs.

HOW IT WORKS - STEPS 1, 2 & 3

PERTINENT IDEAS



How it Works (Original Manuscript)

You may exclaim, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after, **have been designed to sell you** three pertinent ideas:



HOW IT WORKS - STEPS 1, 2 & 3

THE ABCs

How it Works (Original Manuscript)



(a) That **you are** alcoholic and **cannot** manage **your own life**.

(b) That probably no human power **can** **relieve your** alcoholism.

(c) That God **can and will**.

Reading it Again!

If you are not convinced on these vital issues, you ought to re-read the book to this point or else throw it away!



HOW IT WORKS - STEPS 1, 2 & 3

COMPLETION OF STEPS 1 AND 2

How it Works (Original Manuscript)

SELLING THE IDEA



Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after, **have been designed to sell you** three pertinent ideas:



If you are convinced, you are now at step three, which is that **you make a decision** to turn **your will and your life over** to God as you understand Him. Just what do we mean by that, and just what do we do?

HOW IT WORKS - STEPS 1, 2 & 3

THE DECISION TO TAKE ACTION



AA Big Book – Page 60

“Being convinced, we were at Step Three, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that and just what do we do?”

Moderator: Please post this question:

- Are you powerless? (Step 1)
- Do you believe there is a Power greater than you that can restore you to sanity? (Step 2)
- Have you made a **DECISION** to take action? (Step 3)



**Our will is our thinking
Our life is our actions**

We don't turn anything over to God in Step 3.

We make a decision to do something in Step 3, and the decision itself implies we're going to take some further action to carry it out.

HOW IT WORKS - STEPS 1, 2 & 3

WILL, THINKING, MIND



Will, thinking, mind are all synonymous.

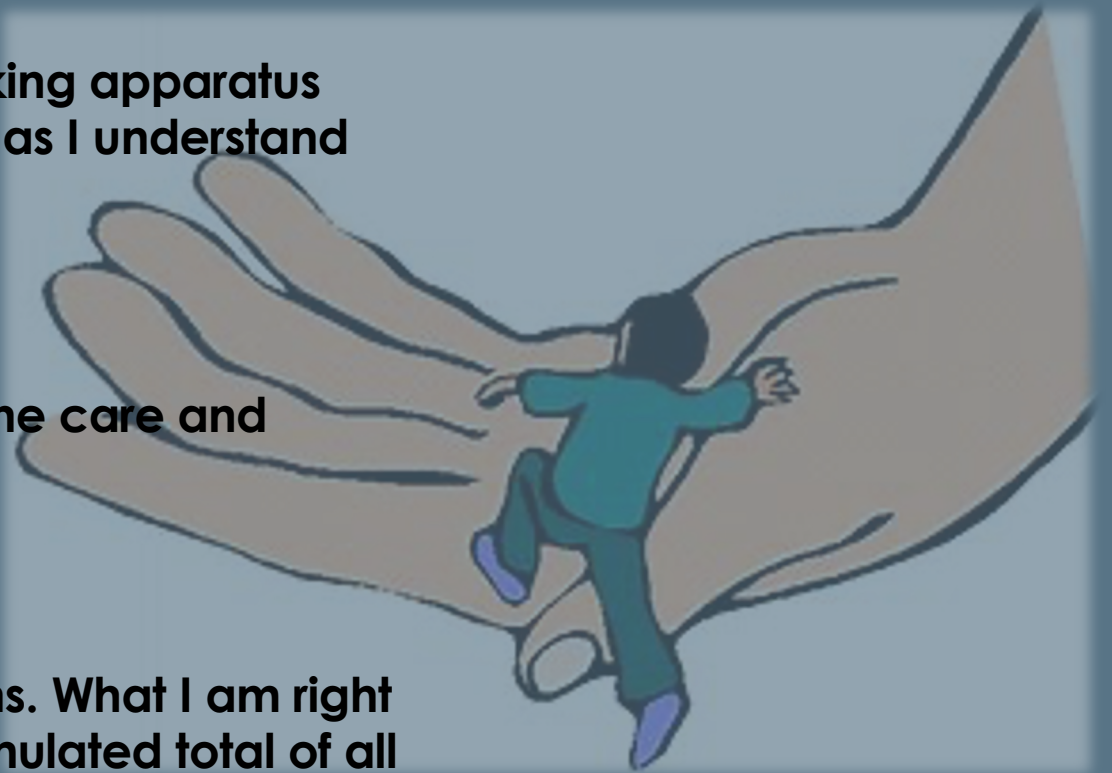
I'm making a decision to turn my thinking apparatus over to the care and direction of God as I understand him.

What else am I deciding to turn over?

...I'm deciding to turn my life over to the care and direction of God as I understand him.

And what is my life?

My life is nothing more than my actions. What I am right now as of this moment is a sum accumulated total of all the actions that I've taken throughout my entire lifetime has made me what I am today.



HOW IT WORKS - STEPS 1, 2 & 3

ALL ACTION IS BORN IN THOUGHT



All action is born in thought!

Sometimes we react to a situation so fast we think that we do it automatically but we don't.

So if all action is born in thought then it stands to reason my life is going to be determined by how I think.

If my thinking is okay, chances are my actions will be okay, chances are my life's going to be okay too.

If my thinking is lousy, chances are my actions I take will be lousy and chances are I'm going to have a fouled-up life too.

HOW IT WORKS - STEPS 1, 2 & 3

DIRECTED THINKING



If God could direct your thinking it might become better. If you're thinking becomes better, then your actions and your life's going to become better.

And just as importantly, the lives of those around you that care for would probably become better too. **Left on your own resources, you're always going to do the same things you've always done.** You're going to remain restless, irritable and discontented.

You're going to stay filled with shame, fear, guilt and remorse. Sooner or later under those conditions, you're going to go back to drinking again.

If you don't find someway to be sober and have a little piece of mind, serenity and happiness, you'll never have any long-lasting sobriety and you can't do that on self will.



HOW IT WORKS - STEPS 1, 2 & 3

THE FIRST REQUIREMENT



AA Big Book – Page 60

“THE FIRST REQUIREMENT is that we be convinced that **any life run on self-will can hardly be a success.** On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great. Life would be wonderful.”



Link to :[Twelve Steps and Twelve Traditions:](#)
[\(AA Netherlands\)](#)

HOW IT WORKS - STEPS 1, 2 & 3

GLOSSARY OF WORDS

A co-founder of Alcoholics Anonymous tells how members recover and how the society functions.

TWELVE STEPS AND TWELVE TRADITIONS

ALCOHOLICS ANONYMOUS
WORLD SERVICES, INC.

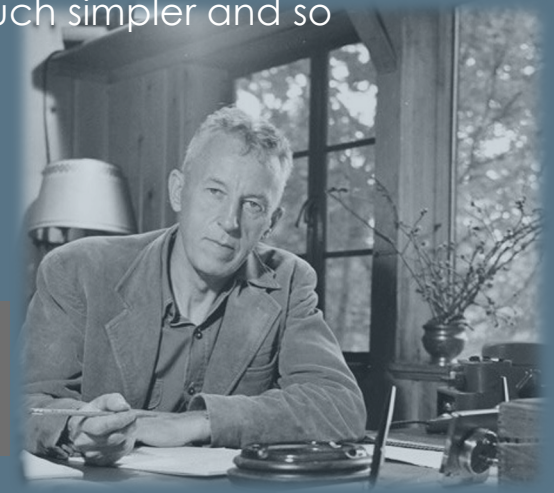
The Twelve and Twelve again is just the short essays, short stories about the Steps. It doesn't tell you how to work the Steps it is the short stories about the Steps

The only piece of literature in A.A. that tells you how to work the Steps, is the Big Book of Alcoholics Anonymous.

But there is some information in there that is absolutely invaluable, that if we can see it and understand it and accept it, it makes the working of the steps out of the Big Book so much simpler and so much easier.

The Basic Instincts of Life:
[Twelve Steps and Twelve Traditions:\(AA Netherlands\)](#)

Moderator: Please post the link to the handout in CHAT:
[Joe and Charlie Handouts](#)



HOW IT WORKS - STEPS 1, 2 & 3



BASIC INSTINCTS OF LIFE

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP - Wanting to belong or to be accepted.</p> <p>PRESTIGE - Wanting to be recognized, or to be accepted as a leader.</p> <p>SELF-ESTEEM - What we think of ourselves, high or low.</p> <p>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with the world around us.</p> <p>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL - Wanting money, buildings, property, clothing, etc. In order to be secure in the future.</p> <p>EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> SELF is made up of: Social Instinct Security Instinct Sex Instinct </div> <div style="margin: 5px 0;">↓</div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> WRONGS </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">↙</div> <div style="text-align: center;">↓</div> <div style="text-align: center;">↘</div> </div> </div>	<p>ACCEPTABLE - Our sex lives as accepted by Society, God's principles or our own principles.</p> <p>HIDDEN - Our sex lives that are contrary to either Society, God's principles, or our own principles.</p> <p>AMBITION - Our plans regarding our sex lives either acceptable or hidden.</p>
RESENTMENTS	FEAR	HARMS OR HURTS
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

[Twelve Steps and Twelve Traditions: Pages 42](#)

CREATION gave us instincts for a purpose.

So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

HOW IT WORKS - STEPS 1, 2 & 3

SOCIAL INSTINCT

Twelve Steps and Twelve Traditions: Pages 42

IF THERE WERE NO SOCIAL INSTINCT, IF MEN CARED NOTHING FOR THE SOCIETY OF ONE ANOTHER, THERE WOULD BE NO SOCIETY.

SOCIAL INSTINCT

COMPANIONSHIP - Wanting to belong or to be accepted.

PRESTIGE - Wanting to be recognized, or to be accepted as a leader.

SELF-ESTEEM - What we think of ourselves, high or low.

PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).

PERSONAL RELATIONSHIPS - Our relations with the world around us.

AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.

- **COMPANIONSHIP:** wanting to belong or to be accepted
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- **PERSONAL RELATIONSHIPS** - Our relations with the world around us.
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HOW IT WORKS - STEPS 1, 2 & 3

SECURITY INSTINCT



SECURITY INSTINCT

MATERIAL - Wanting money, buildings, property, clothing, etc. In order to be secure in the future.

EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.

AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.

[Twelve Steps and Twelve Traditions; Pages 42](#)

CREATION gave us instincts for a purpose.

So these desires—for the sex relation, **for material and emotional security**, and for companionship—are **perfectly necessary and right, and surely God-given.**

HOW IT WORKS - STEPS 1, 2 & 3

SEX INSTINCT



It's plain that a life run on self will can hardly ever be a success.

The fulfillment of these things are so pleasurable that all human beings from time to time will overdo in one or more of these areas and create pain and suffering for others.

SEX INSTINCT

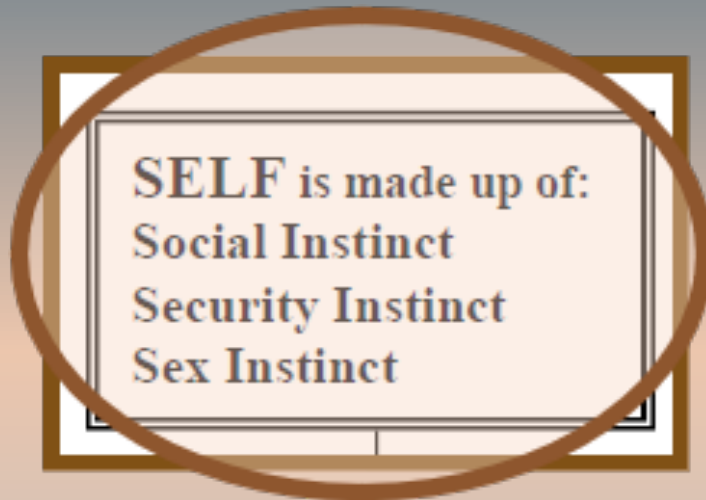
ACCEPTABLE - Our sex lives as accepted by Society, God's principles or our own principles.

HIDDEN - Our sex lives that are contrary to either Society, God's principles, or our own principles.

AMBITION - Our plans regarding our sex lives either acceptable or hidden.

HOW IT WORKS - STEPS 1, 2 & 3

RESENTMENT, FEAR, HARM, & HURT



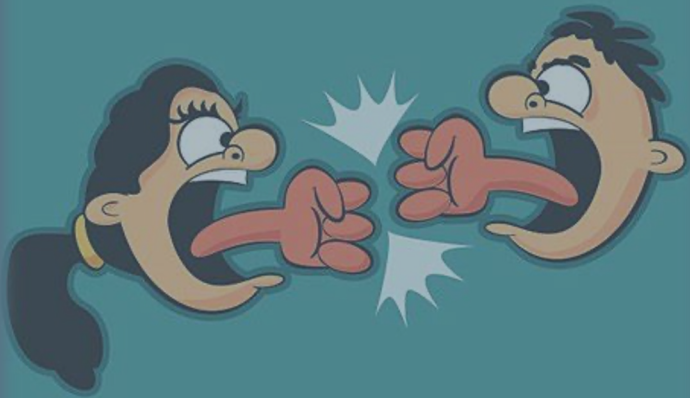
WRONG - incorrect judgement of other people = **resentment**

WRONG - incorrect believing = **fear**

WRONG - are the harms and hurts that we do to other people

<div style="border: 1px solid black; padding: 2px; display: inline-block;">WRONGS</div>		
RESENTMENTS	FEAR	HARMS OR HURTS
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

HOW IT WORKS - STEPS 1, 2 & 3



A selfish, self-centered human being is always scared to death. Can't depend on God.

A selfish, self-centered human being, in order to fulfill the basic instincts of life are always overdoing and creating harms and hurts for others.

And eventually searching for a way to feel better we begin to think about the sense of ease and comfort that comes at once by taking a couple of drinks.

So at the very least we're going to have to do something about this selfish self-centered human being and it seems the only way you can do anything about that is through God's help because God made self-will. **And only God has the power to overcome that.**



HOW IT WORKS - STEPS 1, 2 & 3

THE ROOT OF OUR TROUBLES



AA Big Book – Page 62

“Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?”

Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.”



HOW IT WORKS - STEPS 1, 2 & 3

SELF-WILL RUN RIOT

AA Big Book – Page 62



“So our troubles, we think, are basically of our own making. They arise out of ourselves, and **the alcoholic is an extreme example of self-will run riot**, though he usually doesn’t think so. **Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible.** And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God’s help.”

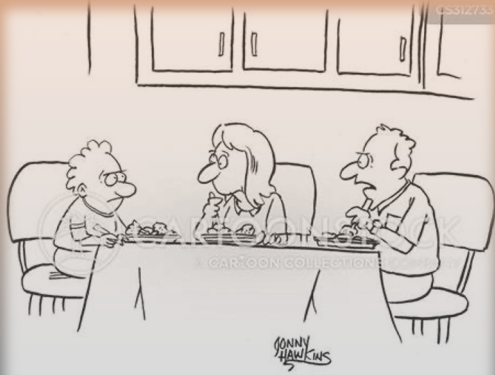


HOW IT WORKS - STEPS 1, 2 & 3

THE HOW AND WHY IT

AA Big Book – Page 62

THIS IS THE HOW and why of it. First of all, we had to quit playing God. It didn't work.



"I'm not playing God - I'm telling you to eat your broccoli!"



Next, we decided that hereafter in this drama of life; God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most Good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.



HOW IT WORKS - STEPS 1, 2 & 3

REBORN



AA Big Book – Page 63

“When we sincerely took such a position, all sorts of remarkable things followed. **We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well.**



Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life.

*As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. **We were reborn.**”*

HOW IT WORKS - STEPS 1, 2 & 3

3RD STEP PRAYER

AA Big Book – Page 63

“WE WERE NOW at Step Three. Many of us said to our Maker, as we understood Him:

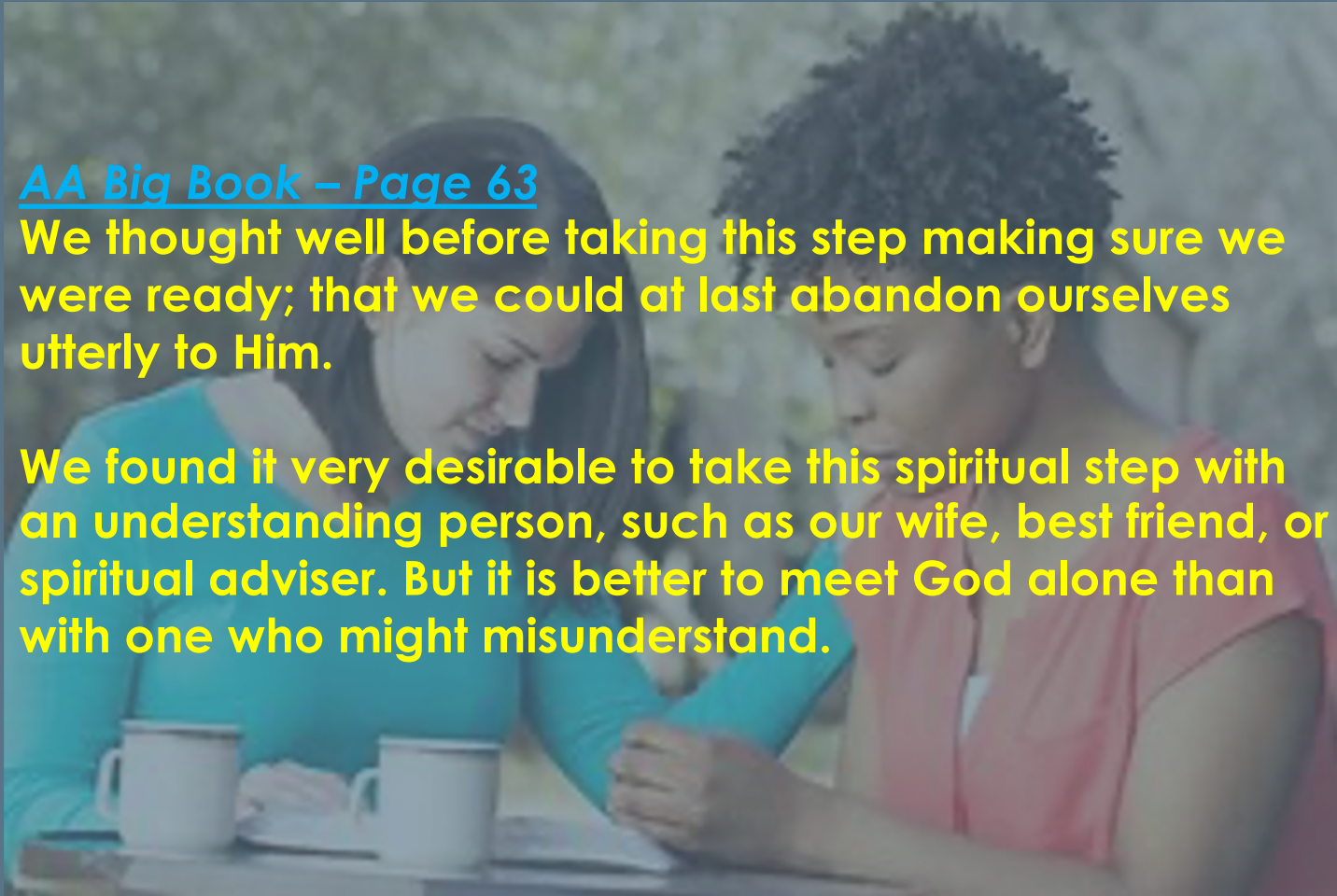
“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

HOW IT WORKS - STEPS 1, 2 & 3

AA Big Book – Page 63

We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

We found it very desirable to take this spiritual step with an understanding person, such as our wife, best friend, or spiritual adviser. But it is better to meet God alone than with one who might misunderstand.



A professional microphone with a pop filter is centered in the background. The microphone is silver and black, and the pop filter is black. The background is a blurred recording studio.

MODERATOR, PLEASE STOP
THE RECORDING

**SURRENDER SCHOOL CLOSING
ANNOUNCEMENTS?**

SERENITY PRAYER

God grant me the serenity to accept the things I can not change, the courage to change the things I can and the wisdom to know the difference.

QUESTIONS

- **Are you constitutionally incapable of being honest with yourself?**
 - Constitutionally incapable of being honest with self, would mean at the core being one is not able to see the truth about themselves.
- **Are you powerless?**
- **Do you believe there is a Power greater than you that can restore you to sanity?**
- **Have you decided (“...made a decision...”) to take action?**

The Basic Instincts of Life: [Twelve Steps and Twelve Traditions:\(AA Netherlands\)](#)

[Joe and Charlie Handouts](#)