

**SURRENDER SCHOOL  
PRESENTS  
JOE & CHARLIE**

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**BIG BOOK STUDY  
WEEK 10**

The screenshot shows the Surrender School website. The header features the logo on the left and the text "WE RECOVER!" in the center, with "Different Paths" and "Shared Solutions" below it. The navigation bar includes "Home", "About Us", "Everything We Offer", "Contact Us", "Donate", and "Private". The "Everything We Offer" dropdown menu is open, listing "Book Studies", "Meditations", "Step Studies", "Workshops", and "Work the Steps on your Own or With a Sponsor". The "Step Studies" option is highlighted with a yellow box, and its sub-menu is open, showing "2024 Joe and Charlie" (highlighted with a red box), "2023 Quick Step Study – Nov – Dec", and "Work the Steps using a 'Study Guide for Overe...".

**SURRENDER SCHOOL**

# WE RECOVER!

Different Paths Shared Solutions

Home About Us **Everything We Offer** Contact Us Donate Private

- Book Studies
- Meditations
- Step Studies**
  - 2024 Joe and Charlie**
  - 2023 Quick Step Study – Nov – Dec
  - Work the Steps using a "Study Guide for Overe..."
- 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 spiritual practices that help people want a healthy relationship with themselves and others.

All of our Workshops are Free, Register Below

**Question of the Day**

Does facing life on life's terms limit me or free me?

## HOW TO ACCESS SURRENDER SCHOOL

**JOE AND CHARLIE RECORDINGS, HOMEWORK, AND DOCUMENTS.**

**ANNOUNCEMENT  
FROM THE SURRENDER  
SCHOOL BOARD**

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# 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 – \(How It Works\)](#)
- [Step 4 – Part 2 – \(How It Works\)](#)
- [Step 5, Step 6, Step 7, Step 8, and Step 9 \(Into Action – Pages 72 – 84\)](#)
- [Step 10, Step 11, Step 12 \(Into Action, Working with Others, and A Vision For You\)](#)

## Source Credits:

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](#)

## GOALS OF THE BIG BOOK

### 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*

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

### THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away



**MODERATOR, PLEASE  
START THE RECORDING**

**SURRENDER SCHOOL  
PRESENTS  
JOE & CHARLIE  
BIG BOOK STUDY**

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**WEEK 10  
STEPS 10 - 12**





**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 10

INTO ACTION (PAGES 84 & 85)

STEP 10

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.



# STEP 10 - INTO ACTION

## THE PURPOSE OF THE STEPS 10, 11, AND 12



**We came here restless, irritable, discontented, filled with shame, fear, guilt, remorse, worry, anger, depression, etc.**

We work the steps, we receive the promises.

Certainly we have undergone a change in our personality. We have undergone a spiritual awakening already.



**...what is the purpose of the last three steps?** And many people will tell us that the last three steps are to maintain our sobriety. I will agree that they will help us stay sober. But the word maintenance itself is a misnomer. To maintain something means to keep it "as is".

**Let's look at the last three steps.** Not as just maintenance steps. Not just to keep us sober, but to see if we don't actually continue to grow in our relationship with God, with ourselves and with other human beings.



"Our defects of character are the bars of a cage. The central point is not to study the bars, but to get out of the cage."



AA Big Book – Into Action (Page 84)

*"This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. **We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness.** This is not an overnight matter. It should continue for our lifetime. **Continue to watch for selfishness, dishonesty, resentment, and fear.** When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. **Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.**"*



## STEP 10 - INTO ACTION

### QUESTIONS TO ASK YOURSELF WHEN BOTHERED



**Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.**

I'm not the sweet girl next door,  
I'm the crazy lady down the street!



“Who are you mad at?”

“What did they do to you?”

“What part of self is affected?”

“What did you do, if anything, to set it in motion?”

“Which character defect has come back to the surface?”

I can't get upset unless one of those old character defects has come back.

**(Selfish, dishonest, self-seeking, frightened, or inconsiderate.)**



## STEP 10 - INTO ACTION QUESTIONS TO ASK YOURSELF WHEN BOTHERED

### Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

You just can't. You can't do step 10 the way the book says and stay the way you are. Your relationship with God, with yourself, and with your fellow man will become better and better and better and better. A new dimension of living that we never dreamed existed.

Now be careful. This is just like 6 and 7. This is the other changing step. And if you stay fowled up you can't blame it on anybody else any longer. Cause if you're fowled up and you use step 10 you can get rid of that stuff. **But if you stay fowled up and you stay angry and worried and depressed and selfish and dishonest it's got to be because that's the way you want to be. I can't blame it on anybody or God or anything else any longer.**

## 4th Dimension

We have entered  
the world of the  
Spirit



# STEP 10 - INTO ACTION



## MORE PROMISES

### AA Big Book – Into Action (Pages 84 & 85)

CEASE FIGHTING  
EVERYONE AND  
EVERYTHING

- *And we have ceased fighting anything or anyone—even alcohol.*
- *For by this time sanity will have returned.*
- *We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.*
- *We react sanely and normally, and we will find that this has happened automatically.*
- *We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it.*



# STEP 10 - INTO ACTION



## MORE PROMISES

### AA Big Book – Into Action (Pages 84 & 85)



- ***We are not fighting it, neither are we avoiding temptation.***
- ***We feel as though we had been placed in a position of neutrality—safe and protected.***
- ***We have not even sworn off. Instead, the problem has been removed. It does not exist for us.***
- ***We are neither cocky nor are we afraid.***

***That is how we react so long as we keep in fit spiritual condition.***





## STEP 10 - INTO ACTION



### SIXTH SENSE OF DIRECTION THROUGH PRAYER AND MEDITATION

#### AA Big Book – Into Action (Page 85)

*Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. **If we have carefully followed directions, we have begun to sense the flow of His Spirit into us.** To some extent we have become God-conscious. **We have begun to develop this vital sixth sense. But we must go further and that means more action.***



TRUST GOD  
CLEAN HOUSE  
HELP OTHERS



# AA BIG BOOK STUDY

## WEEK 10

INTO ACTION (PAGES 86 - 88)

STEP 11

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.

# STEP 11 - INTO ACTION

## PRAYER AND MEDITATION (AT NIGHT)



AA Big Book – Into Action (Page 86)

***When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?*** (Step 4)

***Do we owe an apology?*** (Steps 8 & 9)

**Have we kept something to ourselves which should be discussed with another person at once?** (Step 5)

***Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?*** But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken. (Steps 6 & 7)





# STEP 11 - INTO ACTION

## DAILY INVENTORY



On one side of the sheet we take the basic character defects, selfish, self-seeking, dishonest, frightened, inconsideration. We took all the other defects in the 12 and 12 which are the offshoots of those first four. **We put them on the left-hand side of the sheet and called them the personality characteristics of a self-willed person.**

When we retire at night, we constrictively review our day. Were we resentful, selfish, dishonest or afraid?

### DAILY INVENTORY

PERSONALITY CHARACTERISTICS OF SELF-WILL	✓	✓	PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF SEEKING			INTEREST IN OTHERS
DISHONESTY			HONESTY
FRIGHTENED			COURAGE
INCONSIDERATE			CONSIDERATE
PRIDE			HUMILITY-SEEKING GOD'S WILL
GREEDY			GIVING OR SHARING
LUSTFUL			WHAT CAN WE DO FOR OTHERS
ANGER			CALM
ENVY			GRATEFUL
SLOTH			TAKE ACTION
GLUTTONY			MODERATION
IMPATIENT			PATIENCE
INTOLERANT			TOLERANCE
RESENTMENT			FORGIVENESS
HATE			LOVE-CONCERN FOR OTHERS
HARMFUL ACTS			GOOD DEEDS
SELF-PITY			SELF-FORGETFULNESS
SELF-JUSTIFICATION			HUMILITY-SEEKING GOD'S WILL
SELF-IMPORTANCE			MODESTY
SELF-CONDEMNATION			SELF-FORGIVENESS
SUSPICION			TRUST
DOUBT			FAITH

**We tried to find the opposite and put them on the right hand side of the sheet and called that the personality characteristics of a God willed person.** Now all we are trying to do is get from the left hand side of the sheet to the right hand side and I can sit down at night with this little sheet and run down through it making a few check marks that shows me where I've been that day.

# STEP 11 - INTO ACTION

## PRAYER AND MEDITATION (ON AWAKENING)



### AA Big Book – Into Action (Page 86)

*On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. **Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.***

STEP 11 - INTO ACTION  
PRAYER AND MEDITATION (ON AWAKENING)

AA Big Book – Into Action (Page 86)

*In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.*



## STEP 11 - INTO ACTION HOW TO PRAY (ON AWAKENING)



### AA Big Book – Into Action (Page 87)

*We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.*



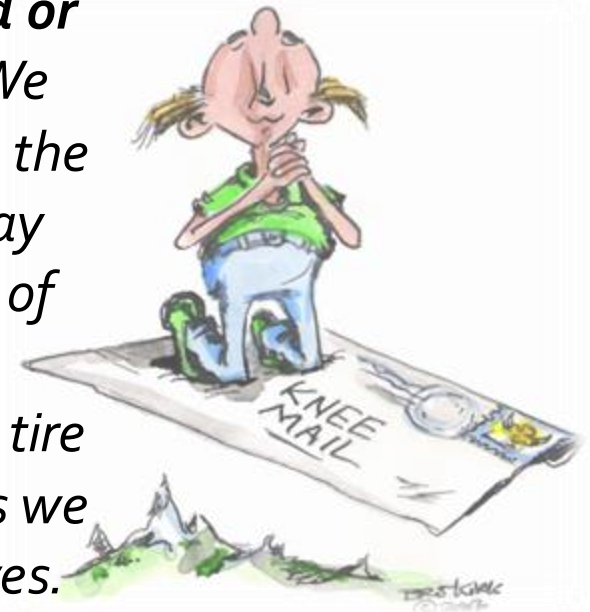
# STEP 11 - INTO ACTION

## PRAYER AND MEDITATION (ON AWAKENING)

### AA Big Book – Into Action (Pages 87 & 88)

*If circumstances warrant, we ask our wives or friends to join us in morning meditation.*

*As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day **"Thy will be done."** We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. 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.*





# AA BIG BOOK STUDY

## WEEK 10

WORKING WITH OTHERS (PAGES 89 - 103)

### STEP 12

Step 12: 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.

# STEP 12 - WORKING WITH OTHERS

## HOW TO CARRY THE MESSAGE (OUR STORY)



### AA Big Book – Into Action (Page 92)



***Tell him how baffled you were, how you finally learned that you were sick. Give him an account of the struggles you made to stop. Show him the mental twist which leads to the first drink of a spree. We suggest you do this as we have done it in the chapter on alcoholism. If he is alcoholic, he will understand you at once.***



*He will match your mental inconsistencies with some of his own.*

***If you are satisfied that he is a real alcoholic, begin to dwell on the hopeless feature of the malady. Show him, from your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will power.***

## STEP 12 - WORKING WITH OTHERS

### HOW TO CARRY THE MESSAGE (OUR STORY)

AA Big Book – Into Action (Pages 93 & 94)



***Let him ask you that question, if he will. Tell him exactly what happened to you. Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.***

**ARE YOU WILLING?**

***Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him.***

#### THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
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11. Pray and meditate
12. Give it away



# STEP 12 - WORKING WITH OTHERS

## THE 3 PARTS OF THE 12 STEP



**Step 12: 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.**

### 1. **“Having had a spiritual awakening as THE result of these steps...”**

...if I apply the first eleven steps in my life to the best of my ability I will have a spiritual awakening. Now what is a spiritual awakening? A personality change sufficient to recover from alcoholism.

### 2. **“...,we tried to carry this message to alcoholics,...**

I am now charged with the responsibility of carrying THIS message to other alcoholics. \*- not 'a' message, not 'the' message, not 'some' message, 'THIS' message. What is THIS message?  
I'm not like I used to be.

### 3. **“...and to practice these principles in all our affairs.**

What are the principles? So this time he'll call them (the Steps) principles. In another place he'll call them 'proposals'. He is referring to the Steps.





## STEP 12 - WORKING WITH OTHERS

### QUESTIONS TO ASK YOURSELF



- Can I practice these principles, these Steps in my home with my spouse?
- Can I realize just how powerless I am over that lady? (Step 1)
- Can I realize the insanity in trying to control her knowing full well I can't? (Step 2)
- Can I make a decision and turn her will and her life over to the care of God, as I understand him? (Step 3)
- Can I inventory me and find those defects of character that keep me trying to control? (Step 4)
- Can I talk about that to another human being? (Step 5)
- Can I become willing to have God remove and ask Him to do so and take those away? (Steps 6 & 7)
- Can I make amends quickly to her when I've harmed her? (Step 8/9/10/11)

You can be just as happy as you want to be.

God is not going to do this for you. Other people are not going to do this for you. But you, with Gods help and the help of other people, can do it for yourself.

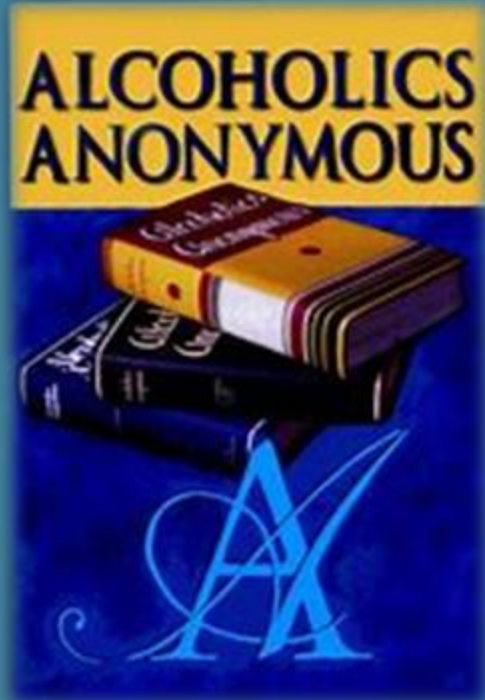


## STEP 12 - WORKING WITH OTHERS THE 3 PARTS OF THE 12 STEP (PART 3)



### AA Big Book – A Vision For You (Page 164)

*Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.*



## STEP 12 - A VISION FOR YOU - CHAPTER 11

AA Big Book – A Vision For You (Page 164)

***Abandon yourself to God as you understand God.***

Steps One, Two and Three

***Admit your faults to Him and to your fellows.***

Steps Four, Five, Six and Seven

***Clear away the wreckage of your past.***

Steps Eight and Nine

***Give freely of what you find and join us.***

Steps Ten, Eleven, and Twelve.

***We shall be with you in the Fellowship of the Spirit,  
and you will surely meet some of us as you trudge the  
Road of Happy Destiny.***

***May God bless you and keep you—until then.***

### THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
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11. Pray and meditate
12. Give it away

# STEP 12 - WORKING WITH OTHERS



[Video Link: 51:38 - 53:49](#)



# STEP 12 - WORKING WITH OTHERS



[Video Link: 58:38](#)

A blue-tinted background image featuring a professional microphone on a stand, with a pop filter in front of it. The microphone is the central focus, and the background is slightly blurred.

**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.**