

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 9 - Today is _____

When you start your daily practice you may ask your Higher Power – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better. That I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

INDEX FOR THIS DAY ACTION

1. Workbook assignment page 39 - 41 Underline those things that were most useful for you. Write your response to questions 1 through 4.
2. Today's reading assignment from Alcoholics Anonymous is from the Fourth Edition pages 58 – bottom page 63) Average reading time 12 minutes. Underline those things that were most useful for you and/or caused you to have questions.
3. List the most important ideas you can relate to or identify with as a result of today's reading; Fourth Edition pages 58 - 63 Alcoholics Anonymous. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.
4. Today's reading assignment from Twelve Steps and Twelve Traditions is Step Three (pages 34 - 41) Average reading time 14 minutes. Underline those things that were most useful for you and/or caused you to have questions.
5. List the most important ideas realized as a result of today's reading; pages 34 – 41 in Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

Today's Mission Statement: If we are able to remember from Step Two's exercise some of the ways our Higher Power has done for us what we could not do for ourselves, then Step Three is going to be a cake-walk.

Al: I have heard HOW IT WORKS so often in A.A. meetings I am surprised that I make a point to listen to it as if it were the first time. When we get to the abc's, I love repeating it silently and in some meetings openly. (a) That we were alcoholic and could not manage our lives. (b) That probably no human power could have relieved our alcoholism. (c) That God could and would if He were sought.

STEP THREE (Faith) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Al Kohallek Goes On A Forty-Day Serendipity Journey

1. Workbook assignment page 39 - 41 Underline those things that were most useful for you. Write your response to questions 1 through 4.

What we believe is “good” is more likely to limit us than the “bad”. With the “bad” we are more likely to toughen up to it, get used to it, or get away from it. With the “good” we are likely to settle for too little. While you are directly working on these Steps, we ask that you be willing to turn everything over to Your Higher Power, everything you even think or feel you know or don’t know- everything. The purpose for this is an open mind and a hope for a new understanding. Otherwise, we can see only our little reflection in that limited mirror of our personal “reality,” hearing only the hum of our little voice as that limited “reality.” In other words, we will be working out of our past instead of the present in the Presence.

Making a decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change but we have the same old personal “reality,” then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say to ourselves, “I’m going to do this thing come hell or high water,” and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves.

Al: When I first took a look at Step Three I knew it was going to be a problem. When I made an important decision it was like I was giving my word and giving my word to a Higher Power was frightening to say the least. What was going to happen to me if I could not keep it? And, as I soon found out, I could not keep my word or my promise to my Higher Power or to myself, and I had been raised to believe a man had to keep his word or he was worthless. I had not worked on the rest of the Steps so I had not identified my defects much less had them cleared away. Yes, I was to fail. I had a realization when I was taking Step Two that I have had a merciful invisible means of support for a long time; other wise I would have been dead or in jail. In Step Two I had written very specific events where someone or something Higher than me was doing for me what I could not do for my self. So when I did make decision to turn everything over to a Higher Power, it was that Higher Power who had already helped me. That was very helpful; however my giving my word and not being able to keep it caused me big problems. I knew I had to work the rest of the Steps beginning with Step Four.

This, by the way, is one of the main characteristics of addictions (p10), the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual behavior alone and unaided. It does not hurt much until we really try our best to stop, to change and cannot. This really **trying alone and unaided with the same old personal “reality,” is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

“There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works.” (Twelve Steps and Twelve Traditions, Step Three reprinted with permission)

*There were ten black birds on a wire.
One decided to fly. How many were left? Ten. One decided but none flew.
That was a meaningless gesture.*

Al Kohallek Goes On A Forty-Day Serendipity Journey

1. State what it means to you when you make an important decision. Give an example.

--

2. State what is this “will” and “life” you are asked to turn over.

--

3. State what “to the care of God” means to you.

--

4. State what “as you understood Him.” means to you

--

2. Today’s reading assignment from Alcoholics Anonymous is from the Fourth Edition pages 58 – bottom page 63) Average reading time 12 minutes. Underline those things that were most useful for you and/or caused you to have questions.

3. List the most important ideas you can relate to or identify with as a result of today’s reading; Fourth Edition pages 58 - 63 Alcoholics Anonymous. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

