

*Al Kohallek Goes On A Forty-Day Serendipity Journey*

**DAY 22** - 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 so 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.” This is a great prayer for this “Fifth Step” day.*

**STEP FIVE - (INTEGRITY)**

**ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.**

*INDEX FOR THIS DAY’S ACTION – TAKING YOUR STEP FIVE*

Now that all your prep work is done and you set the date, the starting time, and the approximate amount of time to set aside to complete it with the person you have chosen, this is a great day to carry out this important mission.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #

Al trusted Lou-is, so he decided to take his Fifth Step with him. Also, Lou-is already knew a lot about him. Al did what was suggested. He pocketed his pride and went to it, “illuminating every twist of character, every dark cranny of the past.” Once he had taken this Step, withholding nothing, he was delighted. He had his first spiritual experience. He felt for the first time that another human accepted him just as he was. He felt a new freedom.

Some of those things Al had kept hidden for so many years lost their power over him. For the moment Al felt like a free man, but Lou-is reminded him there was a lot of work yet to be done. A few days after Al had taken his Fifth Step, he was working with a newcomer and found himself sharing one of his secrets in order to help the newcomer. He told us later what a wonderful thing it was to be able to help another with sharing his experience of a secret he was sure he would take to the grave.