



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

We have come a long way by the time we get to this very important Step. We have realized in the process of doing the first six Steps that:

1. We are truly lacking the power, the ability to really change. We are reminded that quick fixes are no longer enough.
2. We have by this time come to understand that we cannot consistently manage this problem we have been focusing on much less our total life.
3. We were able in most cases, to recall a time when something other than us, Higher than us, different than us did for us what we could not do for ourselves.
4. By listing those people, places and things that we are grateful for, we realized that we had far more than we thought. That list keeps growing as we add to it.
5. We begin to see how powerful our decisions and our willingness can be.
6. We begin to experience just how important it is that we set aside our old way of thinking and feeling so we can have a chance for a new understanding.
7. By experiencing the above listed things, it is easy to see/feel the importance of turning everything over to the kind of loving Higher Power, which we know has already helped us at some point in our life. We do have an invisible means of support.
8. We experience by now some of the benefits of staying focused on what is before us, one question or statement in one area, and our response to that area.
9. By responding as honestly as we could to the questions and statements, we have begun to realize how we have been running on automatic with habits of thoughts and feelings and in our little personal “reality” most of our lives.
10. We have identified some of our common patterns and we are starting to put them in their place by dishonoring and discrediting, by making fun of them.
11. We have been open with our Higher Power, another human and ourselves about what we have awakened to so far.
12. Most of us have had (experienced) great relief and a feeling of acceptance and of love. Some have had a new God-consciousness.
13. We took a closer look at our defects, habits of thoughts and feelings, our personal “reality,” and we are now sure that we want our Higher Power to remove these.

Al: I did not like the idea of having to write so much when I began this process or of committing to working on it everyday. As I got into working it as part of the healing process, I saw it differently. I realized at some point that I was not playing a game, nor was I looking for a quick fix any longer. My life and the quality of my life were in question. Maybe an hour a day was after all a good investment to bring about healing and awakening to my spiritual gifts.

Lou-is: I find it interesting that I would spend every waking moment for days on just one resentment or fear. I was a lot like you, Al; when it came time to work on the healing process in the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

Al: What is the difference between defects and shortcomings?

Lou-is: I heard that Bill W. was asked the same question and he replied that there was no real difference. He just didn't want to repeat the same word. However, sometimes our words have a hidden meaning that we are unaware of. By the time I got to my Fifth Step I felt very defective. Taking my Fifth Step with an understanding person and following it up with working on my Sixth Step, I knew that I was defective, but I became really ready to have God correct and remove these defects. I was now aware of these defects. Just wanting to trust that a loving God could and would remove my defec-

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tive beliefs, habits, my little personal “reality,” gave me a new hope! The love I was being shown allowed me to believe that it was not my being defective as my coming up short.

Al: As I reflected on my past wrongs, I thought: I have done a lot of harm to others and myself. It was not my intention at the time to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my “then reality”. Because I received so much love, forgiveness, and acceptance when I took my Fifth Step, I began to feel that it was more like a shortcoming, coming up short. The root word for sin means missing the mark, and that is the way I have come to believe a loving God views us. I am so grateful I had the experiences and the willingness to share them.

Lou-is: When I realized God, as I understood Him, was/is my only true Source, I was humbled at that moment, opened up and teachable. When we are aware of the fact that it is our Higher Power, and not ourselves, alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to be healed of these shortcomings, the following suggestions will prove useful.

**We are suggesting that you submit each of your shortcomings (patterns), to a form of the Serenity Prayer.**

**God grant us the serenity to accept the things we cannot change,  
Courage to change the things we can,  
And wisdom to know the difference.**

Some part of our shortcomings (defects, patterns, and personal “reality”) we may have to accept.

**Example:** *We would be wise to accept the fact that we cannot change others, or what was done or not done to us.*

**(A).** What is it about this pattern, shortcoming that I must accept?

Most of the time there is at least some part of a pattern we can change, which may be mental, physical, emotional, social, or spiritual.

**Example:** *We may not be able to stop one of our shortcomings that come into our consciousness, but we can stop dwelling on it for one moment at a time.*

**(B).** What is it about this pattern, shortcoming that I can change?

Peace comes to us by grace. Most of us love the times when we experience even a few moments of it. When we are at peace everything seems to be in harmony, and there is the absence of conflict. Perhaps serenity is far more valuable in this human condition. Everything around us can be falling apart, but if we have the grace of serenity, we just know at some deeper level all is going to work out. We are suggesting that you ask for serenity as it may relate to each pattern.

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**Example:** *If we are going to be open to change and healing, then we need the wisdom to know what we could change and what we need to accept. Sometimes we can be so sure we will be able to change and we cannot. At times we assure ourselves that we have accepted something, and we find that we have not even come close to acceptance. We are suggesting that you ask for courage and wisdom as they relate to each pattern.*

*(C). Ask God for the Serenity, Courage, and Wisdom to know the difference.*


Follow this format for each of your shortcomings (patterns). Use the facing pages or separate pages to complete this assignment.

*(A). What is it about this pattern, shortcoming that I must accept?*

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*(B). What is it about this pattern, shortcoming that I can change?*

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*(C). Ask God for the Serenity, Courage, and Wisdom to know the difference.*


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*(C). Ask God for the Serenity, Courage, and Wisdom to know the difference.*
