

## Our Spiritual Way of Life - What Does it Mean?

Mike - Money, power, and prestige were the heros passed down from his father, his value system changed when he came to AA. His brash nature receded into serenity and serenity became his new heroic goal. We can do together what he can't do alone. He needed a face to go with the message and finds that face in AA meetings.

Joana - Her goodness was inherent but drinking pushed that aside. The AA way of life brought her back into contact with the kinder, gentler self of her youth. When she was new she was afraid to speak so someone took her to speaker meetings where she felt safe. He told her to listen for the solution because it was there she could hear the voice of god.

Ryan - He got to AA scared and on a court card. An oldtimer told him to get a big book, a sponsor, and a program "because ain't nobody gonna work it for you." As he worked the steps he began to hear the animals and see the stars in a field near his home. He began to pray for fear to be removed and to help his fellow alcoholic.

James - AA taught him that there are many paths to spirituality. He no longer needed to advocate his views and attempt to change people. He had to surrender himself to a bunch of imperfect people. Every time that he has really plugged in and surrendered to the steps, Native American people seemed to appear in his life to teach him new principles. The spiritual sandpaper found in the rooms hones his character defects.

Georgia - When she heard the line "we are not saints" in chapter 5, it changed her whole thought process. It brought on a forgiving feeling. She formerly had a problem with god. The people in AA told her to find a god she could understand. The Group Of Drunks gave her a spirituality she has never known possible. The void in her has been filled by people she has met in the rooms. Her drunkalog is her gift to others...to help them along the way.

Maxx - Believes god is a job title, not a name. Has studied many religions throughout his life. It took complete surrender to a power he didn't understand to find out what god wanted from him. The steps, traditions, and concepts continue to teach him the principles of this program. Often it is the man with 24 hours that carries the message he needs to hear. Selfishness and self-centeredness is his problem and service is his answer. Whenever he makes great plans for his life, god them. The spiritual way of AA relies on our belief that there is a power greater than ourselves to save us.

Tanya - She was not looking for spirituality when she got here, she just didn't want to drink. Her sponsor knew the big book well and took her through it. That this is not a program of religion was a difficult concept at first. She relied heavily on her group. They were her foundation until she found a god of her own understanding that she has come to rely on. Getting wrapped up in her own thinking can be turned over to her higher power and she has faith it will guide her in the right direction.

Richard - His conduct is his gauge for his spiritual connectedness. Early on, making his bed and washing his dishes daily taught him to treat himself with respect. This self respect taught him to treat others with respect. When he gets off track and behaves poorly, he can correct his mistakes. PRAASA has helped him discover that it's time to re-engage.

Lisa - We have recovered as long as we remain spiritually fit. The steps are spiritual in nature. AA has taught her to become open-minded, willing and honest. AA taught her to embrace the light and dark within herself. She finds when she helps another human being, it is also spiritual in nature. The idea of many paths to spirituality goes beyond religion has been key to her own spirituality. Trustworthiness, self honesty, hard work, and self sacrifice are

how we walk our talk here. Wearing a mask and living in fear do not serve her or her higher power. Continuing to grow is her path spirituality.

Miguel - Childhood depression and desperation were devastating. Alcohol provided relief for awhile. He thought coming to America was the answer but upon his arrival, found it was not. He hated when people were happy and spoke of god. He is grateful to have found the answer in his sobriety and is now trusted in his workplace.

Salvador - He got to AA through the gift of desperation after reaching a spiritual bottom. Had a horrific experience with a possibly possessed woman that ended with police intervention. On his way to jail he had a white light spiritual experience. It was like a veil was lifted from his eyes. He has been sober since. He loves the principles of Alcoholics Anonymous. His spiritual program of action is about doing it, not saying it.

Michelle - She got to AA when she was 23. She has learned a lot about herself through growing up in the program and a lot more about herself in this week before PRAASA. She found she has been in compliance with her higher power and realized she had been going through the motions. She feels she has been missing the deep spiritual connection and grateful to be learning what true surrender means. God has so much available and compliance doesn't allow her to tap into that.

Bill - He is not here to convince anyone of his beliefs, just to share his experience. He feels he has always been on a spiritual path but he was not always aware of it. The steps have brought him to awareness. He sees now that God had a plan for him long before he got to AA. The most powerful moment in his life was when he surrendered to Alcoholic Anonymous. He became willing to pray to a door knob if it could keep him sober. He came to AA and got a job. This job is to stay sober and help other alcoholics to achieve sobriety.

Elke - She had a spiritual experience of the educational variety. Her has found that her spirit is like a magnet, of good or bad. She followed the spirit that enslaved her for along time before recovery. She can choose to be a magnet for good things if she is willing. The void discussed in the Twelve and Twelve was filled here in Alcoholics Anonymous. She heard in meetings to find a god that she can do business with but instead believes a higher power to do business with found her. She jokingly warned us to be careful not to get so spiritual that we levitate to the liquor store.