

New Beginnings

The 12-step program of Alcohol Anonymous and the Big Book are vital for **all** who hope to have continuous recovery and live happy, joyous and free. It is not easy but it is doable for those who can find and work with a **sponsor**, attend AA meetings and read from our **Big Book**. Yes, that includes the Preface, the Foreword (four of them) and the Doctor's Opinion.

Since January and February are the first and second months of the new year, we in AA like to focus on Step One and Step Two.

We in fact are all miracles. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves (*Daily Reflections* page 9).

We can find hope. Gradually, as we become more God-centered than self-centered, our despair turns to hope. What a glorious thing to have hope! Before coming to AA many of us lived lives of utter hopelessness. We believed

Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

we were destined to die from our disease. Many members speak of being on a "pink cloud" their first months in our program. But no matter what occurs in our recovery we need not despair, for there is always **hope!** That hope lies in our relationship with our Higher Power.

We are worth it and we truly are living miracles!

Teresa L., Editor



Bridging the Gap . . .

January 27th Symposium:

"Half Measures Avail Us Nothing"

Allen County Library, Downtown Fort Wayne
Lower Level Auditorium

Doors open for fellowship at 9 a.m. Coffee & donuts provided. Symposium 9:30 a.m. - 12:30 p.m.

Purpose: To strengthen the hand of AA as it reaches out to those who are new. Hosted by Fort Wayne Intergroup Public Information Committee.

Anniversaries

January

Cheri V. 1/1/86
Dave H. 1/1/05
Zac C. 1/4/05
Steve M. 1/7/91
Gregg B. 1/7/03
Paige S. 1/7/08
Tyler W. 1/9/17
Brent S. 1/12/98
Shari A. 1/26/94
Nancy S. 1/26/02
Kevin C. 1/26/06
Tom B. 1/27/85
Jim B. 1/29/93

February

Kenny B. 2/2/17
Lynnie T. 2/3/92
Melissa H. 2/4/07
Scott S. 2/5/17
Dori D. 2/7/00
Bill C. 2/10/06
Taryn W. 2/14/10
Lou H. 2/17/10
Brenda M. 2/19/99
Mike M. 2/20/88
Mike B. 2/21/02
Kristin P. 2/24/17

The Amethyst Statement of Purpose: The Amethyst is published every two months for members of the A.A. community in the Fort Wayne area. The Amethyst is financially supported by contributions to Fort Wayne Area Intergroup. The purpose of The Amethyst is to share information and experience in recovery, unity and service in the Fort Wayne area. The articles published in The Amethyst are not intended to be statements of A.A. policy nor does publication of any article imply endorsement by either Fort Wayne Area Intergroup, Inc. or A.A. as a whole.



Prayers for Steps One and Two

Excerpt of “12 Step Prayers from the Big Book of Alcoholics Anonymous,” Diane V.

http://friendsofbillw.net/twelve_step_prayers

The Twelve Step Prayers were created using the text of the Big Book of Alcoholics Anonymous. The text used to develop the prayers are shown at the end of the prayer in parenthesis. My hope is that these prayers will provide a framework for you to develop your own or expand on the wording below.

First Step Prayer

Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. (This prayer is developed from the chapter, More About Alcoholism)

Second Step Prayer

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing. (p. 52:2, 52:3, 53:1, 53:2)

AA History

Jan. 1929 – Bill W. wrote third promise in Bible to quit drinking (*Pass It On*, p.81).

Jan. 1951 – *AA Grapevine* publishes memorial issue for Dr. Bob.

Jan. 1958 – Bill writes article for *Grapevine* on “Emotional Sobriety.” (See article on page 3.)

Reference: AA Muncie
www.aamuncie.org/January_Significant_Dates_in_AA_History.html

Feb. 1938 – John D. Rockefeller, Jr. contacted. Gives \$5,000. Refuses to give more. Saves A.A. from professionalism.

Feb. 1940 – First world service office for A.A., Vesey Street, New York

Feb. 1940 – First A.A. clubhouse, 334½ West 24th Street, New York

Reference: *Alcoholics Anonymous Comes of Age*, Landmarks in A.A. History, pages vii-viii

The Amethyst – SUBMISSIONS: The Amethyst welcomes feature articles, supporting articles, group histories, anniversaries, jokes, cartoons and upcoming events as long as they relate to A.A. experience and reflect an awareness of A.A.'s singleness of purpose. Submissions are reviewed by newsletter committee and recommended to the editor for publication.

LENGTH: The Amethyst will publish work of different lengths, from feature articles to one-liners.

Send submissions to: editor.amethyst@gmail.com
or mail to:

The Amethyst
Fort Wayne Area Intergroup
2118 Inwood Drive Suite 112
Fort Wayne, IN 46815

**Drinking problem?
There is a solution.
(260)471-6262
Alcoholics Anonymous**

Events & Notes

Jan. 27

Bridging the Gap Symposium, "Half Measures Avail Us Nothing." Allen County Public Library, downtown Fort Wayne (lower level auditorium). Doors open for fellowship at 9 a.m. Coffee & donuts provided. Symposium 9:30 a.m. - 12:30 p.m.

Feb. 9 – 11

44th Annual East Central Region Conference of Delegates Past and Present. Embassy Suites by Hilton Indianapolis North, 3912 Vincennes Road, Indianapolis 46268. See flier at: www.area22indiana.org

Feb. 18

Area 22 Assembly. Millcreek Civic Center, 403 Main Street (SR 32), Chesterfield, IN 46017, 10 a.m. - 4 p.m.

Feb. 23 – 25

65th Annual Indiana State Convention, "New Beginnings." Hendricks County Conference Center, 1900 E. Main St., Danville, IN 46122. See flier at: www.area22indiana.org

38th Annual Northeast Indiana Convention and 75th Annual Banquet at Grand Wayne Convention Center in Fort Wayne April 27, 28, 29. Tickets available in January.

New Meeting

Taylor 12.12.12 – A new open meeting to read and discuss the 12 Steps, 12 Traditions and 12 Concepts of Alcoholics Anonymous. Taylor Chapel UMC, 10145 Maysville Road, Fort Wayne 46835 (next to Discount Tire and Bob Evans), Sundays at 4 p.m.

Change to AA Meeting Schedule

This was AA, now designated as NA meeting (Never Alone Again), Club Oasis, 1115 Spring Street, Sundays at 7:30 p.m.

New Club in Angola

The Alano Club of Angola, 225 W. Maumee St. (Hwy. 20), Angola, IN 46703. Club phone: 260-319-6827 All meetings are open discussion unless otherwise decided by group conscience. Noon AA meetings Mon. thru Fri. Evening meetings: Mon. 6 p.m., Wed. 7:30 p.m., Fri. 6:30 p.m., Sat. 12 midnight meeting, Sun. 7:30 p.m. Email: billram42@gmail.com

New Alanon & Alateen Meetings

Alanon "Learning Our Value Each Day," Hobson House, 2021 Hobson Road, Fort Wayne 46802, open meeting Fridays 7 p.m.

Alanon "Courage To Change," Alano Club, 225 W. Maumee St., Angola 46703, open meeting Saturdays 11 a.m.

Alateen "The Beginning Of Hope," Taylor Chapel UMC, 10145 Maysville Rd., Fort Wayne 46835, Sundays 4 p.m. (AA and Alanon meetings available in separate rooms.)

Emotional Sobriety

Reprinted from *The AA Grapevine*, Jan. 1958

Below you will find the substance of a revealing letter which Bill wrote several years ago to a close friend who also had troublesome depressions. Bill asks us to note that this letter should occasion no concern as both Bill and his friend are today "in the clear" – Ed.

I THINK THAT MANY oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before

the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and

Continued on page 4

Emotional Sobriety—continued from page 3.

want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

I’ve recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back – *ed.*], depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I’ve had with depressions, it wasn’t a bright prospect.

I kept asking myself, “Why can’t the Twelve Steps work to release depression?” By the hour, I stared at the St. Francis Prayer. . . “It’s better to comfort than to be comforted.” Here was the formula, all right. But why didn’t it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn’t a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the *absolute* quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing, a love appropriate to each relation of life. Plainly, I could not avail myself of God’s love until I was able to offer it back to Him by loving others as He

The Prayer of St. Francis

LORD, make me an instrument of Thy peace.

Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O DIVINE MASTER, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned and it is in dying that we are born to eternal life.

would have me. And I couldn’t possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words “absolute dependency” may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God’s creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can’t flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says “To the devil with you” the Twelfth Stepper only smiles and turns to another case. He doesn’t feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn’t feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn’t a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven’t offered you a really new idea—only a gimmick that has started to unhook several of my own “hexes” at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

— Bill W.

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