

One Yid's Big Book Snippets for Emergencies

Posted by Shteeble - 28 Jan 2016 15:34

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#1

We of Alcoholics Anonymous,

are more than one hundred men and women who have recovered

from a seemingly hopeless state of mind and body.

pg xiii

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Re: One Yid's Big Book Snippets for Emergencies

Posted by Shteeble - 28 Jan 2016 15:45

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#2

Men have cried out to me

in sincere and despairing appeal:

"Doctor I cannot go on like this!

I have everything to live for!

I must stop, but I cannot!

You must help me!"

pg xxix

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by Shteeble - 28 Jan 2016 15:57

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#3

There I humbly offered myself to G-d, as I then understood Him,  
to do with me as He would.

I placed myself unreservedly under His care and direction.

I admitted for the first time that of myself I was nothing;  
that without Him I was lost.

I ruthlessly faced my sins  
and became willing to have my new-found Friend take them away, root and branch.  
I have not had a drink since.

pg. 13

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by Shteeble - 28 Jan 2016 17:14

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#4

we had come to believe in  
the hopelessness  
and futility  
of life as we had been living it.

pg. 25

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by Shteeble - 28 Jan 2016 22:19

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#5

When a person offended  
we said to ourselves,  
"This is a sick man.  
How can I be helpful to him?  
G-d save me from being angry.  
Thy will be done."

pg. 67

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by Shteeble - 29 Jan 2016 11:45

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#6

The alcoholic is like a tornado

roaring his way through the lives of others.

Hearts are broken.

Sweet relationships are dead.

Affections have been uprooted.

Selfish and inconsiderate habits have kept the home in turmoil.

pg. 82

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by 1 Yid - 29 Jan 2016 16:10

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#7

we pause, when agitated or doubtful,  
and ask for the right thought or action.

We constantly remind ourselves we are no longer running the show,  
humbly saying to ourselves many times each day

"Thy will be done."

We are then in much less danger of excitement,

fear,

anger,

worry,

self-pity,

or foolish decisions.

pg. 87

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by 1 Yid - 01 Feb 2016 11:39

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#8

He clamors for this or that,

claiming he cannot master alcohol until his material needs are cared for.

Nonsense.

Some of us have taken very hard knocks to learn this truth:

Job or no job--

wife or no wife--

we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on G-d.

pg. 98

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Re: One Yid's Big Book Snippets for Emergencies  
Posted by Shteeble - 16 Feb 2016 10:04

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#9

Assuming we are spiritually fit,

we can do all sorts of things alcoholics are not supposed to do.

People have said we must not go where liquor is served;

we must not have it in our homes...

our friends must hide their bottles if we got to their houses;

we mustn't think or be reminded about alcohol at all.

Our experience shows that this is not necessarily so.

We meet these conditions every day.

An alcoholic who cannot meet them,  
still has an alcoholic mind;  
there is something the matter with his spiritual status...

In our belief  
any scheme of combating alcoholism  
which proposes to shield the sick man from temptation  
is doomed to failure.

If the alcoholic tries to shield himself he may succeed for a time,  
but he usually winds up with a bigger explosion than ever.

We have tried these methods.

These attempts to do the impossible have always failed.

So our rule is not to avoid a place where there is drinking,  
if we have a legitimate reason for being there...

To a person who has had experience with an alcoholic,  
this may seem like tempting Providence,  
but it isn't.

pages 100 - 101

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