

BIG BOOK MEETING

SPEAKER ~ CHARLES A.

Sunday, April 18, 2010

Transcript



[14:59] <AtlantaCharles> Hi! Everyone (((HUGS)))

[15:01] <@TRGDenise> Hello everyone! Welcome to our OA Online Meeting.

[15:01] <@TRGDenise> My name is Denise, and I'm a compulsive eater and your leader today.

[15:01] <@TRGDenise> Let's start off with a moment of silence for those who are suffering in and out of this room today. Followed by the Serenity Prayer.

[15:01] <@TRGDenise> God

[15:01] <@TRGDenise> Grant me the serenity

[15:01] <@TRGDenise> to accept the things I cannot change

[15:01] <@TRGDenise> the courage to change the things I can

[15:01] <@TRGDenise> and the wisdom to know the difference.

[15:01] <@TRGDenise> Amen

[15:01] <AtlantaCharles> amen

[15:02] <@TRGDenise> Welcome room to our special introduction Speaker meeting

[15:02] <@TRGDenise> Charles has agreed to speak to us today about The Big Book to kick off our Regular Big Book

[15:02] <@TRGDenise> meetings here on Sundays at 3pm

[15:02] <@TRGDenise> EST

[15:03] <@TRGDenise> Charles is well known in the recovery community. I'd like you all to be on best

[15:03] <@TRGDenise> behavior today. We plan to let Charles speak and then when

[15:03] <@TRGDenise> he is finished, we'll have some general sharing ok?

[15:03] <@TRGDenise> we'll share as usual

[15:03] <@TRGDenise> To share put your hand up like this *, wait to be called on and type DONE when finished.

[15:03] <@TRGDenise> ok?

[15:03] <@TRGDenise> Everybody ready????

[15:04] <@TRGDenise> Welcome Charles, please share with us here today!

[15:04] <AtlantaCharles> :)

[15:04] <AtlantaCharles> When I share at f2f meetings...

[15:04] <AtlantaCharles> I usually follow the guidance of...

[15:04] <AtlantaCharles> presenting my stats...

[15:04] <AtlantaCharles> Here they are:

[15:04] <AtlantaCharles> Recovered, but not cured, abstinent compulsive eater, thanks to OA and my HP:

[15:05] <AtlantaCharles> I have been abs for 23+ years and...

[15:05] <AtlantaCharles> maintaining a 100 lb weight release for over 21 years...

[15:05] <AtlantaCharles> It is a miracle that I...

[15:06] <AtlantaCharles> could never have done on my own...

[15:06] <AtlantaCharles> There is a reason Step 1 starts with...

[15:06] <AtlantaCharles> "WE"

[15:06] <AtlantaCharles> OA is a We program...

[15:06] <AtlantaCharles> I have read much of the OA literature..

[15:07] <AtlantaCharles> but I have focussed on the BB for over 13 years...

[15:07] <AtlantaCharles> If one looks at the Forward to the first Edition BB...

[15:08] <AtlantaCharles> In the first two sentences the word...

[15:08] <AtlantaCharles> "recovered" is found...

[15:08] <AtlantaCharles> The BB writers believed that they had found a way...

[15:08] <AtlantaCharles> to be recovered from a ...

[15:08] <AtlantaCharles> hopeless state of mind and body...

[15:09] <AtlantaCharles> B4 OA "hopeless state of mind and body'...

[15:09] <AtlantaCharles> is a apt description of how I felt...

[15:10] <AtlantaCharles> I could not stay at a stable weight for very long...

[15:10] <AtlantaCharles> I repeatedly cycled up and down...

[15:10] <AtlantaCharles> and each "up" became higher and higher...

[15:10] <AtlantaCharles> I was baffled by the food and eating...

[15:11] <AtlantaCharles> When I came to believe what the BB promised...

[15:11] <AtlantaCharles> I think it opened the door to my being recovered...

[15:11] <AtlantaCharles> If you go to page 94 in the BB, at the bottom of the page...

[15:12] <AtlantaCharles> it starts with "And we have ceased fighting..."

[15:12] <AtlantaCharles> That is the definition of abstinence...

[15:12] <AtlantaCharles> I embrace today...

[15:13] <AtlantaCharles> The paragraph is also called the 10th Step Promises and...

[15:13] <AtlantaCharles> a guarantee...

[15:14] <AtlantaCharles> When I start with a new person I encourage them to study the BB...

[15:14] <AtlantaCharles> as if their life depended upon it...

[15:14] <AtlantaCharles> because...

[15:14] <AtlantaCharles> from my experience, my life did depend upon it...

[15:15] <AtlantaCharles> in my opinion, and all of what I share today...

[15:15] <AtlantaCharles> is just my opinion, not OA or BB gospel...

[15:16] <AtlantaCharles> the text up to page 60 is intended to "soften" up the reader (me) to ...

[15:16] <AtlantaCharles> admitting powerlessness and...

[15:16] <AtlantaCharles> coming to believe that a power greater than me...

[15:16] <AtlantaCharles> could restore me to sanity...

[15:17] <AtlantaCharles> I believe the text up to page 60 is preparation for..

[15:17] <AtlantaCharles> accepting Steps 1 and 2...

[15:17] <AtlantaCharles> The BB writers thought this was important enough to...

[15:18] <AtlantaCharles> re-state the ideas embodied in Steps 1 and 2 in...

[15:18] <AtlantaCharles> the "abc" ideas on page 60 after the end of the

Steps...

[15:19] <AtlantaCharles> When Bill wrote the first draft of the BB...

[15:19] <AtlantaCharles> after the 3 "abc" ideas he wrote...

[15:19] <AtlantaCharles> If you cannot accept these 3 ideas...

[15:19] <AtlantaCharles> re-read the BB up to this point or...

[15:20] <AtlantaCharles> THROW IT AWAY!

[15:20] <AtlantaCharles> strong words, but...

[15:20] <AtlantaCharles> it tells me how important the 3 ideas are to...

[15:20] <AtlantaCharles> reaching a recovered state...

[15:21] <AtlantaCharles> Denise, how much more time do I have?

[15:21] <@TRGDenise> as much as you need

[15:21] <AtlantaCharles> Whew!!!

[15:21] <@TRGDenise> :-)

[15:21] <AtlantaCharles> :)

[15:22] <AtlantaCharles> Once a person can accept these 3 ideas...

[15:22] <AtlantaCharles> they are usually able to go forward with Steps 4-9 quite quickly...

[15:23] <AtlantaCharles> There is a passage at the top of page 77..

[15:23] <AtlantaCharles> that tells me what my real purpose is..

[15:24] <AtlantaCharles> it appears amidst the text instructions for Steps 8 and 9...

[15:24] <AtlantaCharles> It says our real purpose is to be of maximum service to God...

[15:25] <AtlantaCharles> and others...

[15:25] <AtlantaCharles> Getting our lives in order is just a preliminary step...

[15:26] <AtlantaCharles> I'm going to step away briefly to pick up a quote...

[15:26] <AtlantaCharles> I'm back...

[15:27] <AtlantaCharles> There is a quote and I hope I can paste it in that describes the father who has recently gotten sober...

[15:27] <AtlantaCharles> "For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product." (Big Book, p.129)

[15:28] <AtlantaCharles> notice, the father is described as trying at first to hug the treasure to himself...

[15:29] <AtlantaCharles> Being recovered is like finding a limitless lode...

[15:29] <AtlantaCharles> abstinence from the BB perspective is just the ...

[15:29] <AtlantaCharles> beginning of a new way of life and...

[15:30] <AtlantaCharles> all of the directions are in the BB...

[15:30] <AtlantaCharles> About "God"...

[15:30] <AtlantaCharles> The Steps and the BB, talk about a God...

[15:30] <AtlantaCharles> of our understanding...

[15:31] <AtlantaCharles> My personal Higher Power is very mysterious..

[15:31] <AtlantaCharles> but...

[15:31] <AtlantaCharles> I allow this HP to direct my thinking most of the time...

[15:31] <AtlantaCharles> not all of the time, but most of the time...

[15:32] <AtlantaCharles> One minute...

[15:32] <AtlantaCharles> I will try to close with a reference on page 164...

[15:32] <AtlantaCharles> Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you

[15:33] <AtlantaCharles> Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

[15:33] <AtlantaCharles> ty 4listening...DONE

[15:33] <@TRGDenise> yayyyyy Charles

[15:34] <@TRGDenise> thank you soooo nmuch for being here and sharing with us today

[15:34] <@TRGDenise> please hang around for the shares of some of those here with us today

[15:34] <@TRGDenise> OK ROOM remember we have a lot of folks here, keep share short, and raise your hand

[15:34] <@TRGDenise> like this * and I'll call on you

[16:01] <@TRGDenise> Wow what a group today !!! Thank you Charles !!!!!!!



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