

#### Using MBTA Red Line

- Take the Red Line to the Charles/MGH stop.
- Exit out onto Cambridge Street.
- Walk up Cambridge Street, past the hospital (which will be on your left) and continue for several intersections.
- Take a left onto Staniford Street.
- We are the large gray building at 25 Staniford directly across from 'Bagels Etc Café' on the right hand side.

#### Using MBTA Green Line

- Take the Green Line to the Government Center stop.
- Exit out onto Cambridge Street.
- Walk up Cambridge Street, past City Hall (which will be on your right) and continue for three intersections.
- Take a right onto Staniford Street.
- We are the large gray building at 25 Staniford directly across from 'Bagels Etc Café' on the right hand side.

#### From the North

- Take I-93 South to Exit 26 (Storrow Drive/Cambridge).
- Follow signs to Storrow Drive (stay left).
- Take Storrow Drive West to Government Center exit (left exit).
- At end of ramp, yield to crossing traffic at flashing traffic signal, then proceed straight.
- Turn left onto Cambridge Street at traffic signal.
- Turn left onto Staniford Street.
- Arrive at 25 Staniford Street.

#### From the South

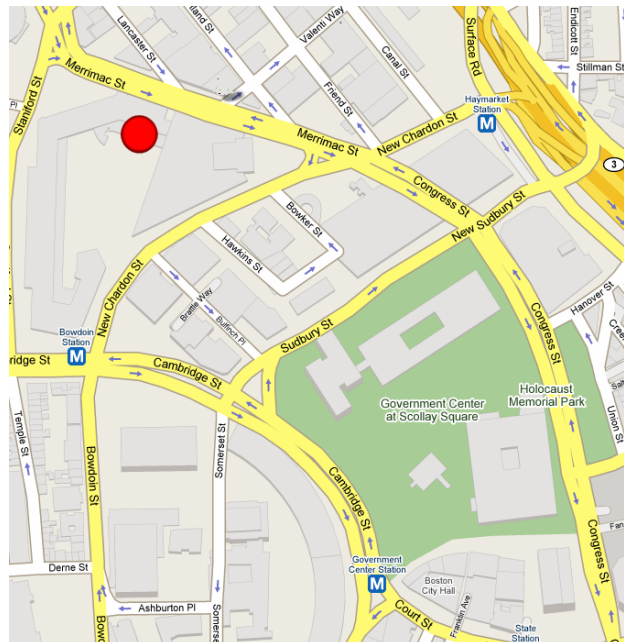
- Take I-93 North to Exit 26 (Storrow Drive/Cambridge).
- Follow signs to Storrow Drive (stay right).
- Take Storrow Drive West to Government Center exit (left exit).
- At end of ramp, yield to crossing traffic at flashing traffic signal, then proceed straight.
- Turn left onto Cambridge Street at traffic signal.
- Turn left onto Staniford Street.
- Arrive at 25 Staniford Street.

#### From the West

- Take I-90 East to Exit 24 (I-93 North).
- Take I-93 North to Exit 26 (Storrow Drive).
- Follow signs to Storrow Drive (stay right).
- Take Storrow Drive West to Government Center exit (left exit).
- At end of ramp, yield to crossing traffic at flashing traffic signal, then proceed straight.
- Turn left onto Cambridge Street at traffic signal.
- Turn left onto Staniford Street.
- Arrive at 25 Staniford Street.

#### At the Building

- Find the entrance on Staniford Street across the street from 'Viva Burrito' and 'Bagels Etc Café.'
- Look for a white sign on the side of the building that reads: "Department of Mental Health Main Entrance."
- Follow the walkway under that sign to the security entrance (It looks like a tunnel, but you will still be outside).
- Follow the walkway as it winds to the left behind the building and in front of the parking lot.
- Enter the sliding doors and sign in and take a Visitor's ID badge at the security desk.
- Take the stairs up one flight to the Boston Room.



## Back to Basics Beginners Meeting

**Sundays, 4:00 p.m. – 5:00 p.m.**

*Erich Lindemann Mental Health Center  
25 Staniford Street, Boston*

### “Here are the steps we took...” in Four One-Hour Sessions

There was a period in the early history of Alcoholics Anonymous when the program produced a 50-75 percent recovery rate from alcoholism. Alcoholics came to beginners meetings, took the 12 Steps, began to help others and never drank again.

If they could do it, so can we.

**Sound simple?**

It is.

**Sound hard?**

Not as hard as drinking has been

**Worth it?**

Ask anyone who has done it.

For info call Aaron at 617-913-9054

# Explanation of Terms

## Fourth Step Assets and Liabilities Checklist

In the late 1930's, Dr. Bob S., the co-founder of Alcoholics Anonymous, developed an Assets and Liabilities Checklist, which he used to take several thousand newcomers through the inventory and restitution process. Since then, various checklists have been used by countless sponsors, spiritual advisors and sharing partners to bring those "interested in a spiritual way of life" to a greater awareness of the shortcomings that have prevented them from establishing an intimate and vital relationship with the "One who has all power."

Over the years, some of the words used to depict our "grosser handicaps" have become outdated or are no longer in general use. Therefore, we will describe each of the liabilities on the Assets and Liabilities Checklist in a way that, hopefully, will give you a clearer understanding of what these words meant when they were used by our A.A. pioneers.

Let's start with **RESENTMENT**. When we are angry or bitter toward someone for an extended period of time over some real or imagined insult, we are feeling resentment. It is a hostile or indignant attitude in response to an alleged affront or personal injury.

**FALSE PRIDE** is either feeling better than or less than someone else. Feelings of superiority include prejudice about race, education or religious beliefs, and sarcasm—putting someone else down to make us feel better about ourselves. Feelings of inferiority include self-pity, which is dwelling on one's own sorrows or misfortunes, and low self-esteem—the lack of self-worth or self-respect.

**ENVY** has to do with things—wanting someone else's possessions. **JEALOUSY** has to do with people—being suspicious of another's motives or doubting the faithfulness of a friend.

**SELFISHNESS** is concern only for ourselves, our own welfare or pleasure, without regard for, or at the expense of, others. It's a belief that, "It's all about me" rather than "How can I best serve Thee—Thy will (not mine) be done."

**LAZINESS** means lacking the will or the desire to work. Procrastination, which is postponing or delaying an assigned job or task, is a form of laziness.

**DISHONESTY** involves theft or deception. It includes taking things that don't belong to us, cheating people out of what is rightfully theirs, and lying to or withholding the truth from others.

**FEAR** is being afraid of losing something we have or not getting something we want. It manifests itself in many ways including phobia, terror, panic, anxiety and worry.

## MINNEAPOLIS RECORD INDICATES THAT 75 % ARE SUCCESSFUL IN A.A.

The Minneapolis Group, in March, 1943, inaugurated a system for keeping a record of the sobriety of members from three months on up. As a result, the following exact percentages have been arrived at:

### For the Year 1945

5-yr. members	100 %	successful	0 %	slipped
4-yr. "	100 %	"	0 %	"
3-yr. "	100 %	"	0 %	"
2-yr. "	89 %	"	11 %	"
18-mo. "	90 %	"	10 %	"
1-yr. "	80 %	"	20 %	"
9-mo. "	82 %	"	18 %	"
6-mo. "	70 %	"	30 %	"
3-mo. "	48 %	"	52 %	"

(Of those who slipped in 1945, only 16½ % have worked back to any degree of sobriety.)

### Over-all Percentages

1943	78 %	successful	22 %	slipped
1944	83 %	"	17 %	"
1945	77 %	"	23 %	"

## Evolution of the A.A. Beginners' Meetings

When *Alcoholics Anonymous* was first published in April 1939, the "Big Book" authors claimed that one hundred had recovered from alcoholism since June 1935. This slow rate of growth was partially due to the lack of written instructions on the "course of action":

- 5 recovered at the end of 1935
- 15 recovered at the end of 1936
- 40 recovered at the end of 1937
- 100 recovered at the end of 1938

Shortly after the publication of *Alcoholics Anonymous*, a fellowship evolved based on the principles of the book. The organization was so successful in providing a solution for the "hopeless state of mind and body" known as alcoholism that it received a considerable amount of public interest and support. This publicity resulted in increased book sales and membership:

- 400 recovered at the end of 1939
- 2,000 recovered at the end of 1940
- 8,000 recovered at the end of 1941

Much of the early growth took place in Cleveland, Ohio as the result of a series of newspaper articles published in the *Cleveland Plain Dealer*, starting on October 21, 1939. The fellowship gained national prominence with the release of an article on Alcoholics Anonymous, written by Jack Alexander, in

the March 1, 1941 issue of the *Saturday Evening Post*. By 1950, membership had increased to 100,000. Since then, membership doubled every 10 years until the early 1990's.

With the rapid initial growth in Cleveland came the need for meetings in which new A.A. members could be quickly taken through the Twelve Steps:

"It was soon evident that a scheme of personal sponsorship would have to be devised for the new people. Each prospect was assigned an older A.A., who visited him at his home, or in the hospital, instructed him on A.A. principles, and conducted him to his first meeting. But in the face of many hundreds of pleas for help, the supply of elders couldn't possibly match the demand. Brand-new A.A.'s, sober only a month or even a week, had to sponsor alcoholics still drying up in the hospitals."<sup>1</sup>

Because of the rapid influx of people looking for a solution to their drinking problem, newly sober members had to grasp the basic principles of the program in a very short period of time. They were then pressed into service helping others through the Twelve Steps. This method was very successful as evidenced by the early recovery rates in Cleveland:

"Yes, Cleveland's results were the best.

## Moral Inventory

From: *Alcoholics Anonymous* (New York, NY: April 1939) and *A.A. Grapevine* (New York, NY: June 1946)

Liabilities Watch for—	Moral Inventory												Assets Strive for—	
	Mother	Father	Wife	Spouse	Children	Neighbors	Society	Friends	Base	Co-workers	Police	God		Made (A.A.)
Resentment														Forgiveness
False Pride														Humility
Envy														Contentment
Jealousy														Trust
Selfishness														Unselfishness
Laziness														Activity
Dishonesty														Honesty
Fear														Love
Shame														Self-respect

Example of Assets and Liabilities Checklist after Sponsor or Sharing Partner Review