**Fourth and Eleventh Step Workshop   
*(for “anyone or everyone interested in a spiritual way of life.”)***

**The Wilson House ~ 378 Village Street ~ East Dorset, VT 05253**

|  |  |
| --- | --- |
| **Saturday, August 27, 2011**  **09:00-09:45 am Introduction**  Objectives of the Seminar The History and Evolution of the 12 Steps  Surrender  Sharing  Amends  Guidance  **09:45-10:00 am Break**  **10:00-10:45 am Step 4**  The First Surrender (Steps 1, 2 and 3)  The Assets and Liabilities Checklist throughout  History (Step 4) The Oxford Group Four Column Inventory The Big Book Commercial Inventory (Step 4)  Assets = Liabilities + Owner Equity  **10:45-11:00 am Break**  **11:00-11:45 am Step 4 (Continued)**  Assign Sharing Partners  The Assets and Liabilities Checklist (Step 4)  Anger Management 101 (Step 4)  With Whom Do We Share Our Inventories?  (Step 5)  **12:00-02:15 pm Lunch and Breakout Session**  (Share Inventory with Sharing Partner)  **02:15-03:00 pm Step 11**  The Second Surrender (Steps 6+7)  Forgiveness and Restitution (Steps 8+9)  Four Types of Amends (Step 9)  Daily Inventory (Step 10) Two-way and Three-way Prayer throughout  History (Step 11)  **03:00-03:15 pm Break** | **03:15-04:00 pm Step 11 (Continued)**  Two-way and Three-way Prayer in the “Big Book” and other 12-Step Literature (Step 11)  ***How to Listen to God*** Pamphlet (Step 11)  Sharing Guidance (Step 11)  The Five C’s of Life-changing (Step 12)  **04:00-04:15 pm Break**  **04:15-04:45 pm Ask the Archivist**  Questions and Answers about the 12 Steps and History of the Twelve-Step Movement    **Sunday, August 28, 2011**  ***(Optional, but a Wally P. Tradition)***  ***05:00-06:00 am Morning Vigil with the Benedictine***  ***Monks at the Weston Priory,***  ***Weston, VT***  **09:00-09:45 am We Relax and Take it Easy**  Relaxation Exercises Progressive Muscle Relaxation  Deep Breathing Exercises  Opening the Channels  **09:45-10:00 am Break**  **10:00-11:00 am Eleventh Step Guidance Meeting**  Anne Smith–the Mother of A. A.  A Re-enactment of the Guidance Meetings Held in Dr. Bob and Anne Smith’s Living Room During the Summer of 1935 (Step 11)  **11:00-11:15 am Break**  **11:15-11:45 am Continuance**  Carrying our Life-saving Message to Others  (Step 12)  **11:45 am Close** |