**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**

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| **Saturday, August 27, 2011****09:00-09:45 am Introduction**Objectives of the SeminarThe History and Evolution of the 12 StepsSurrenderSharingAmendsGuidance**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 InventoryThe 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 PartnersThe 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 throughoutHistory (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 ExercisesProgressive Muscle RelaxationDeep Breathing ExercisesOpening 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** |