



Practicing Spiritual Principles

Fall 2024 Matt Talbot Retreat
Viña de Lastonnac Retreat Center, Temecula



Schedule Overview

- FRIDAY
- “A New Pair of Glasses”: Introduction to Spiritual Principles
 - Step 1: The Identification Step
- SATURDAY
- Steps 2, 3 and 11: The Spirituality Steps
 - Steps 4, 5, 6 and 7: The Inventory Steps
 - Steps 8 and 9: The Restitution Steps
 - Evening: A.A. Meeting
- SUNDAY
- Step 12: The Service Step
 - Ending Ceremony

Spiritual Principles

- A New Pair of Glasses: Letting go of “Judging”
- What Are Principles?
- A.A.’s 12 Steps: “A Set of Spiritual Principles”
- Examples of Spiritual Principles (List)
- The Oxford Group – Four Absolutes and Four Practices
- How Spirit Flows Into the World Through Us (graphic)

Spiritual Principles

Some Important Spiritual Principles

Abundance	Forgiveness	Justice	Self-Acceptance
Acceptance	Freedom	Love	Service
Awareness	Gratitude	Open-Mindedness	Spirituality
Balance	Honesty	Order	Tolerance
Beauty	Hope	Patience	Unity
Courage	Humility	Peace	Wholeness
Discipline	Integrity	Perseverance	Willingness
Faith	Joy	Power	Wisdom

Spiritual Principles

By Completing the Step, We Experience the Principle

Step 1	Honesty
Step 2	Hope
Step 3	Faith
Step 4	Courage
Step 5	Integrity
Step 6	Willingness
Step 7	Humility
Step 8	Love
Step 9	Justice/Discipline
Step 10	Patience/Perseverance
Step 11	Awareness/Spirituality
Step 12	Service

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The Oxford Group

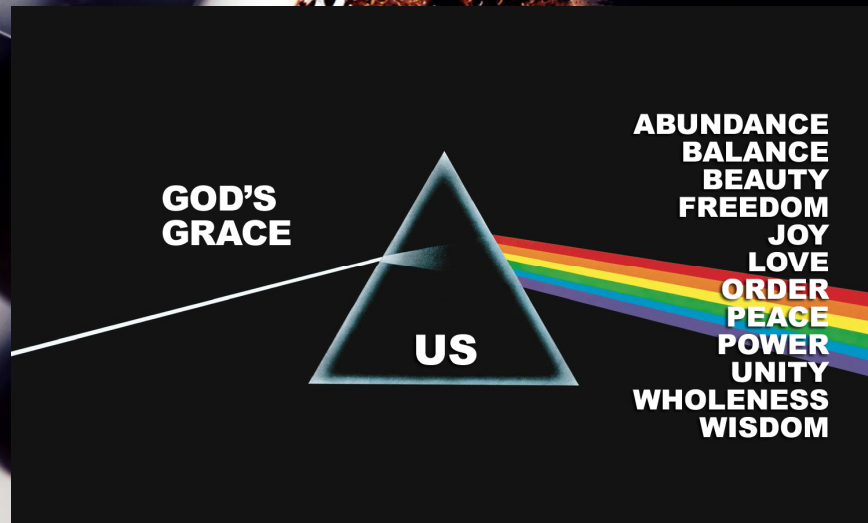
- **The Four “Absolutes”**
 - Honesty
 - Purity
 - Unselfishness
 - Love
- **The Four “Spiritual Practices”**
 - Surrender to God
 - Confession
 - Restitution
 - Guidance



Spiritual Principles

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Spirit Flows Into the World Through Us



Step 1: The Identification Step

- Identification (*vs. Transformation*)
- Our Stories: Experience, Strength and Hope
- What WE were like, what happened & what WE are like now”
- Two Parts:
 - Powerlessness
 - Unmanageability
- Principles:
 - *Surrender* (unconditional vs. negotiated)
 - *Honesty*: Powerless over - a) alcohol and b) alcoholism

Schedule Overview

SATURDAY

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- Steps 4, 5, 6 and 7: The Inventory Steps
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SUNDAY

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Steps 2, 3 and 11: The Spirituality Steps

- Transformation: From Insanity to Sanity
- More About Alcoholism: “Curious mental twist; blind spot; crazy” – Jaywalker’s Story (p. 37-38)
- Insanity: Proceeds the first drink; obsession and compulsion
- Pain Relief: Spirituality for Pain... Transform or Transmit It
- Not God – Can’t fix my brain with my brain
- “Lack of Power” = Lack of *control* (p. 62)

(continued)



Steps 2, 3 and 11: The Spirituality Steps

- Prayer changes things... because prayer changes *me*
- Prayers for:
 - Fear (p. 68)
 - Anger (p. 67)
 - Bondage of Self (p. 63)
- Step 3 – Making a decision, not having an “awakening”
- Relationship (not an “arrangement”)
- Principles:
 - Step 2: *Hope*
 - Step 3: *Faith*
 - Step 11: *Awareness, Intuition*



Steps 2, 3 and 11: The Spirituality Steps

Small Group Discussion

(45 minutes)

Steps 4, 5, 6, 7 and 10: The Personal Inventory Steps

- Remove what's blocking "Sunlight of the Spirit"
- Causes & conditions: Separation from God, others
- "Maximum Usefulness" (not personal happiness)
- Inventory:
 - Assets vs. Liabilities (old thinking)
 - Actual vs. Expected (new map for territory)
 - Defects = defense mechanisms, poor coping skills

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Steps 4, 5, 6, 7 and 10: The Personal Inventory Steps

- Principles:
 - Step 4: *Courage* ("big heartedness")
 - Step 5: *Integrity* ("wholeness")
 - Step 6: *Willingness* ("entirely ready")
 - Step 7: *Humility* ("right-sized")
 - Step 10: *Patience/Perseverance* ("Neutrality"
pp. 84-85)



Steps 4, 5, 6 and 7: The Personal Inventory Steps

Small Group

Discussion

(45 minutes)



Steps 8 and 9: The Restitution Steps

- “Restitution” - Restoring to its original condition
- Exact nature of our wrongs - *(their perspective)*
- Forgiveness: Self and others (Lord’s Prayer)
- Not “paying back”... instead “making whole”
- Principles:
 - Step 8: *Love/Vulnerability*
 - Step 9: *Justice/Discipline*
- Ultimately, it’s about becoming vulnerable (*wound*)



Steps 4, 5, 6 and 7: The Personal Inventory Steps

Small Group Discussion (30 minutes)



Step 12: The Service Step

- Humility and Anonymity
 - Anonymity – Anyone can do it
 - Sr. Ignatia and the Bishop
 - Experience, not Opinion
- My sobriety's not about me; I am just the messenger
- Principles:
 - *Selflessness* – Relief from the bondage of self
 - *Responsibility* – “For that, I am responsible”
 - *Generosity* – I only get what I give; Giving = Getting



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Ending Ceremony

Thank you for helping me stay sober.