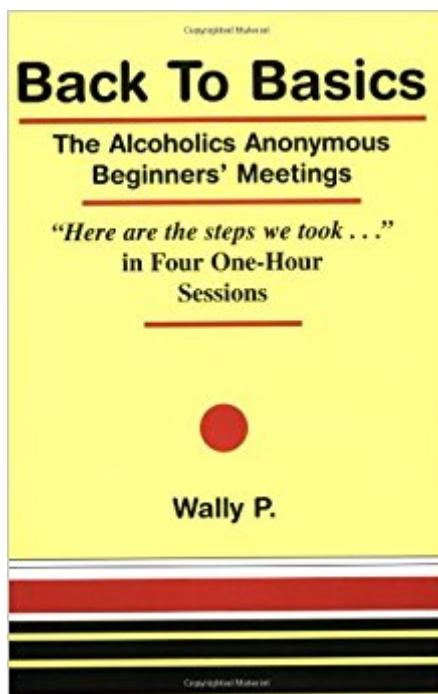


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# Back To Basics - The Alcoholics Anonymous Beginners Meetings "Here Are The Steps We Took..." In Four One Hour Sessions



## **Synopsis**

In this book, Wally P. will take you through the Twelve Steps as they were taken by the early A.A. pioneers. You will learn how to develop a direct two-way communication with the "God of your understanding", and how to follow the "Guidance" you receive. You will have the opportunity to experience the life changing spiritual awakening that occurs as the direct result of completing the Twelve Steps in four one-hour sessions. In addition, you will learn how to become a "life changer" by carrying this life-saving message of hope to others.

## **Book Information**

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## **Customer Reviews**

Back to Basics members say the program works for them, it gives them practical ways to stay sober.

-- The Day Newspaper, New London, CT Oct. 13, 2002 Just a note of gratitude for all your efforts with Back To Basics Book. -- Maeve-email August 21, 2003 We are very pleased with this program and have had great success with this "new" approach to the twelve steps. -- Phill R.-email December 20, 2001

Wally Paton is the author of Back to Basics--The Alcoholics Anonymous Beginners'; Meetings and How to Listen to God--A Guide for Successful Living Through the Practice of Two-way Prayer. He is the originator of the Back to Basics Beginners'; Meetings, which have grown to more than 2,500 groups, and produced more than 150,000 recoveries since its reintroduction into the Twelve-Step community in 1997. This original 12-Step meeting format was a phenomenal success during the 1940's and 1950's, but had become an all but lost piece of history

until Wally rediscovered it. Wally started his 12-Step spiritual journey on October 30, 1988. The following year, his sponsor told him, "If you don't know where we came from, you'll never know what a miracle this program truly is." Wally took this challenge to heart and set out to learn all he could about the early days of the Twelve Step Movement. In the spring of 1993, Wally was in Washington, DC conducting research for his first book, *But, for the Grace of God*, which dealt with the explosive growth of the Twelve-Step movement in the 1940's. While sorting through some archival materials, he came across a 20-page pamphlet, published in 1944, which described in detail how one of the local groups was taking newcomers through the Twelve Steps in four one-hour sessions. In his subsequent travels throughout the United States, Wally found many reprints of this pamphlet along with various formats for conducting *Beginners' Meetings*. In addition, he interviewed more than one hundred "old-timers" who had recovered in the 1940's. Many told him the *Beginners' Meetings* had saved their lives, and they were disappointed when the meetings were replaced with other formats in the 1960's and 1970's. Wally researched the *Beginners' Meetings* for two more years. Then in the fall of 1995, Wally's spiritual advisor challenged him to stop talking about the four one-hour sessions and start doing something about them. He said, "Wally, if you're ever going to learn how to fly, you have to get out of flight school and climb into the plane." This was a scary proposition for someone who had a phobia about speaking in public. But Wally walked through the fear and started conducting the *Beginners' Meetings*. But, for the first year, Wally "flew the plane" right into the ground. Even though he thought he was being true to the original program, he had inadvertently incorporated some material from the 1970's into the *Beginners' Meetings*, and as a result, he wasn't seeing the recovery rates that had been achieved by the Twelve Step pioneers. Then in March of 1996, Wally met James Houck. At the time, James was 90 years old and had been a sober member of the Oxford Group for sixty-one years. Bill W. and Dr. Bob S. also were members of the Oxford Group before they founded Alcoholics Anonymous in 1939. James was the last person alive who had attended Oxford Group meetings with Bill W. and knew, from first hand experience, the spiritual roots and the fundamental principles of the "Big Book" and the original Twelve Step program. James provided Wally with three missing concepts from the original program that allowed him to successfully "fly the plane." They were: (1) the verbal Fourth Step (moral inventory), (2) the expanded Ninth Step that included forgiveness as well as restitution, and (3) the written Eleventh Step (prayer and meditation). He supplied Wally with a four-page pamphlet, written in 1938 by a person who had attended Oxford Group meetings with Dr. Bob. This pamphlet, titled "How to Listen to God," provided clear, concise directions on how to conduct two-way prayer. Since that eventful

meeting in 1996, Wally and James have been traveling across the United States carrying the message of the Twelve Step pioneers at Back to Basics and How to Listen to God seminars. They have personally taken over 15,000 people through the Twelve Steps and have witnessed countless miracles of recovery al

Oh what a wonderful book! Its a great read. Especially for someone who has been in the program for a bit. I really feel like it has made me a better sponsor. This book is a great in a group or alone. I have worked with this book in both situations, both I found useful.

Great! A must for anyone wanting to stay sober.

this was a gift to someone, so i really can not rate. came highly recommended by my home group. gave it as a birthday present

Excellent read that refers to the "Big Book" and going through the steps as they did in the early days. There is a reason why the early days had so much success. Good if you like a history of the program's early days.

This book and a specific group using this book is what finally got me sober. I have seen it work for others too. This book and its suggested approach cut to the core of getting the work needed to become sober done. Nowhere in this book or in any of the B2B meetings I have attended do they suggest a cure or that you are done with the 12 Steps in a month. The key for me was getting thru the steps all the way in a short time. Too much time is spent dragging the steps out. Any fear of not doing them correctly or too quickly was nonsense for me. Using this book and the B2B meetings I learned more about the Steps and actually doing them in a month than I had in several prior sobriety attempts. B2B is a great starter to get someone INTO AA, not as a replacement for AA. In my humble opinion, far too many AA groups have endless "open discussion" meetings that do not focus on actually doing the work needed to get sober. B2B gets you involved, working and progressing quickly, and it clearly outlines that success comes from working the Steps again, and again, and again and again until it becomes second nature and a way of life. I am a die-hard AA member and love the program. I used B2B as a supplement to AA and it worked for me. As for the negative reviews, read them carefully. One writer states that they "will not allow" sponsee's near B2B, while others attack this book and its approach simply because it is NOT AA approved. What I hear in the

negative reviews are fearful, uncentered egos bashing something just because it is "not ours" and if you used "that" you are "not one of us" and that makes you less. Read the book, take what you need and leave the rest. I would also recommend "A New Earth" by Tolle. AA meetings, the fellowship, B2B and the understanding of human nature from A New Earth all contributed to me getting sober after nearly 40 years of drinking.

I lost my original book & this was a replacement. Excellent Step Study & so helpful in working the Steps with newcomers. Absolutely integral in helping newcomers get into the Steps right away as well as helpful to any of us regardless of how long or how short a time we've been around AA.

A great read full of recovery, hope and faith

While I understand the context of the 1 Star reviews, I have taken numerous gentlemen, newcomers and those with time some time through this book, and have received great feedback. I buy a spare book and give it to each person I take through it so that they have a basis to carry the message to the next alcoholic. Everything is supported by the same principles of the Steps and Traditions, reading the Big Book, having a sponsor, and doing the steps. This format IS the original manner our founder took many a man through the steps to start. Many in one afternoon. While it may not be "approved literature", it gives a foundation and starting point to many to build upon..

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