

Spiritual Experience 1

BB,pxv-xvi - The spark that was to flare into the first A.A. group was struck at Akron, Ohio, in June 1935, during a talk between a New York stockbroker [Bill W] and an Akron physician [Dr. Bob]. Six months earlier, the broker had been **relieved of his drink obsession by a sudden spiritual experience**, following a meeting with an alcoholic friend who had been in contact with the Oxford Groups of that day.

BB.pxvi - This physician [Dr. Bob] had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker [Bill W] gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician **began to pursue the spiritual remedy** for his malady with a willingness he had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950. This seemed to prove that one alcoholic could affect another as no nonalcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery.

BBpxxvi - Though we work **out our solution on the spiritual as well as an altruistic plane**, we favor hospitalization for the alcoholic who is very jittery or befogged. More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer.

BBp25 - There is a solution . Almost none of us liked the self- searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to ***pick up the simple kit of spiritual tools laid at our feet***. We have found much of heaven and we have been *rocketed into a fourth dimension of existence of which we had not even dreamed*. The great fact is just this, and nothing less: that **we have had deep and effective**

spiritual experiences* which have revolutionized our whole attitude toward life, toward our fellows and toward god's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.