

SAA of New York City



Workshop Handout

Garment District
Sunday April 12th, 3:00 pm



Using nightly inventory to help build faith during quarantine

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

By Valerie

COVID & QUARANTINE



- Fear, resentment
 - Getting sick, loved ones sick
 - Work
 - Living situation
 - The future

- Isolation
 - Loneliness

SPIRITUAL SOLUTION



- Inventories – step 4, 10, 11
- Amends – Ezekiel 4/26

- Direct connection with HP
- Step 3 – John K 5/10

STEPS

PRAYER

**SPONSOR-
SHIP**

**FELLOWSHIP
& MEETINGS**

- Service
- Connection
- Step 12 – Jay R 5/24

- Connection
- Service
- Bookends
- Calls

INVENTORIES – WHAT IS IT



- One of the requirements for sobriety is the need for confession of character defects
- Fact-finding, fact-facing process
- Steps 4, 10, 11

NIGHTLY INVENTORY – BIG BOOK PP 85-86



Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions. **When we retire at night, we constructively review our day.**

- Were we resentful, selfish, dishonest, or afraid?
- Do we owe an apology?
- Have we kept something to ourselves which should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time?
- Or were we thinking of what we could do for others, of what we could pack into the stream of life?

But we **must be careful** not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we **ask God's forgiveness** and inquire what **corrective measures** should be taken.

NIGHT INVENTORY – REVIEW OF THE PREVIOUS STEPS



- 1) Resentful?
- 2) Selfish?
- 3) Dishonest?
- 4) Afraid?
- 5) Apology?
- 6) Hiding?
- 7) Kind/loving?
- 8) Done better?
- 9) Self?
- 10) Others/pack?
- 11) Ask God's forgiveness
- 12) Corrective measures

NIGHTLY INVENTORY CONTAINS THE STEPS



- Resentful, selfish, dishonest, afraid (DRSF/DR St Francis) – step 4, step 10
- Apology – step 8 (prep for 9), step 10
- Hiding – dishonesty – step 6
- Kind/loving – step 6
- Better – step 4 conducts
- Self – selfishness – step 6
- Others – step 12, step 10
- God's forgiveness – step 2/3, step 6/7, step 11
- Corrective measures – God's will – step 3, step 4 conducts, step 11

VAL'S MODIFICATIONS



10
questions
PM review

DRSF, A/H, K/L, better, self/others
God's forgiveness
Corrective measures/lessons learned

Step 6 & 7

Extrapolate defects from 10 questions
Write out version of step 7 prayer

God's will
Step 3 & 11

Write out other prayers (set aside, step prayers)
Pray + write out God's will for next day

EXAMPLE FROM VAL'S RL



- 1) **Resentful?** Possibly getting furloughed, dealing with \$ and paperwork (could expand into a 4-column step 4 type of inventory if this recurs)
- 2) **Selfish?** Worrying about my own sitch (F) instead of focusing on what I can do to help my friend (FCS sandwich)
- 3) **Dishonest?** “The brave show” (S/s – play the savior), lied to family I wasn’t working even though I still am
- 4) **Afraid?** Friend on ventilator with COVID (S/s)
- 5) **Apology?** None (ask God’s forgiveness anyway)
- 6) **Hiding?** F about dating – need to t/o with sponsor
- 7) **Kind/loving?** Avoiding mom, who is prone to worry
- 8) **Done better?** Pray about the furlough, be of service to friend, stop pretending I have everything under control (“what would God have us BE”), side-step q’s, reassure mom
- 9) **Self?** Most of the day until I worked on step 5 with a sponsee
- 10) **Others/pack?** List phone calls, service point (writing names = prayer)
- 11) **DEFECTS: resentful, fear, control, selfishness, dishonesty, self-seeking**
- 12) God, please remove my <DEFECTS>, help me set aside.., help me see/tell the truth

NIGHTLY INVENTORY = TELLING THE ABSOLUTE TRUTH



- DRSF (q1-4) = starts the truth-mobile
- Apology, Hiding, Kind/Loving (q5-7) = flushes out the truth
- What could we have done better, self/others (q8-10) = who is the person I want to be, more truth-telling

A NOTE ABOUT TRUTH



- Therefore, the only requirements for the nightly inventory are the willingness and courage to tell the truth (even if the truth is, I don't tell the truth))
- Otherwise, we're always in a fog and not living in reality/the present

FINAL NOTES



- Inventories need not be perfect – they’re there to help you
- Writing >> talking>> thinking
 - Clarity
 - Record of progress
 - Share with sponsor or fellows – feedback
 - Added structure to the day
- Get to develop relationship with God, find out the stuff blocking me from His power, find out His will, find help to carry it out

STEP 11 THOUGHTS – EXPANDING CONNECTION WITH GOD



- Ask family to join in prayer and meditation
- “Be quick to see where religious people are right. Make use of what they have to offer” (p87) – seek God and build faith beyond what the steps can provide
- “We alcoholics are undisciplined. So we let God discipline us in the simplest way we have just outlined (p88)