



WOMEN
IN
RECOVERY

SPEAKER
SERIES

4th
WEDS
JAN-OCT

ZOOM

MEETING ID: 96253168010
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7 - 8:30pm

VIRTUAL



SPEAKER SERIES GOING
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Meeting URL: zoom.us/j/96253168010
Phone Call IN: 312-626-6799
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Password: 761726

October 28, 2020

BRINGING STRUCTURE TO YOUR LIFE THROUGH STEPS 3 AND 11

John MacDougall

There are two problems in alcoholism: the powerlessness over alcohol, and the unmanageability of our lives. When we stop drinking, the powerlessness over alcohol is immediately reduced; the unmanageability of our lives is not automatically changed. It appears that unmanageability is outside of us. People, places, and things are unmanageable. Our lives are unmanageable because we don't have a basic set of instructions for how to get through the day: what to do, moment by moment in the face of chaos. Steps three and eleven, which have to do with seeking God's will, moment by moment, offer a solution. We can stop trying to force our will, and implement the A.A. concept of letting go and letting God guide us.



John MacDougall is the Spiritual Care Coordinator at The Retreat. From 1994 to 2014 he was the Director of Spiritual Guidance at Hazelden, a clinical addiction recovery program. He is a graduate of Rutgers College and has a Master of Divinity degree from Princeton Theological Seminary and a Doctor of Ministry degree, with a focus in Family Therapy, from the Theological School of Drew University. He is the author of "Being Sober and Becoming Happy" and Co-Author of "Clinician's Guide to Spirituality."

Our mission is to create a caring
community that provides education, spiritual insight, and
growth opportunities for women in 12-step recovery programs.