

# Spiritual Meatloaf

Develop Your Personal Spiritual  
Recipe in Twelve-Step Recovery

Patricia Major

**EM Riley Publications**





# TABLE OF CONTENTS

<b>Table of Contents</b> .....	<b>iii</b>
<b>Foreword</b> .....	<b>vii</b>
<b>Introduction</b> .....	<b>xi</b>
<b>So You Think You Hate Meatloaf</b> .....	<b>15</b>
What's God Got to Do with It?.....	18
The Reason for God in the Steps .....	24
Spirituality vs. Religion – The Difference That Makes All the Difference .....	27
The Bottom Line – The Least You Can Believe .....	31
The Possibilities – Ideas about Higher Power from Others in Recovery .....	32
The Turning Point – Where to Go from Here.....	35
<b>Selecting the Ingredients</b> .....	<b>37</b>
Roadblocks – Uncovering Obstacles, Confusion, and Misunderstanding.....	39
Salt or Sugar – Identifying Your Basic Beliefs .....	43
Exercise 2-1: Questions About Your Beliefs .....	44
Exercise 2-2: Watching for Clues .....	46
Yesterday and Today – Identifying.....	47
Stale Ideas and Old Favorites.....	47
Exercise 2-3: Mining for What's True.....	47
That Which You Seek – Identifying What's Spiritual .....	49
Exercise 2-4: A Few More Questions.....	50
Shortcuts – Jumping to Vague Conclusions.....	51
Healthy Uncertainty.....	52
Acceptance Without Gullibility.....	52
<b>Creating Your Recipe</b> .....	<b>55</b>
Perusing Existing Recipes for Ideas .....	56
Multiple Choice Taste-Testing .....	58
Mix and Match – Creating Your Own Spiritual Blend .....	60
Exercise 3-1: Gathering the Ingredients .....	60
Exercise 3-2: Zeroing in on Your Overall Package.....	66
Exercise 3-3: Naming Your Spiritual Recipe.....	66
Fine Dining – Applying Your Recipe to the Steps.....	67
Exercise 3-4: Naming the Focal Point of Your Spiritual Recipe.....	68
Exercise 3-5: Reading the Steps with New Eyes .....	69

**Going Meatless – When God Doesn’t Fit ..... 71**

Disbelief – Using the Steps as an Atheist Without Losing Integrity .....	72
Exercise 4-1: Searching for the Words .....	76
Confusion and Uncertainty – The Advantage of Agnosticism	
in Using the Steps.....	77
Exercise 4-2: Using the Big Book.....	79
Armed and Wary – Approaching Spirituality from Anger and Distrust .....	80
Exercise 4-3: Accepting Anger.....	82
Unique Beliefs – Working with a Sponsor Who	
Has a Different Spiritual Recipe.....	87
Exercise 4-4: Sharing About Spirituality.....	88

**Being Vegetarian at the Potluck ..... 91**

How Meetings Work – Who’s Running the Kitchen.....	93
Group Conscience – The True Democracy.....	95
Fear of Brainwashing – Keeping Your Individuality in Recovery.....	96
Exercise 5-1: Participating in a Group.....	99
Listening to Others – Take What You Like and Leave the Rest.....	100
Exercise 5-2: Anthropological Expedition.....	101
Staying Open – Keeping an Open Mind Without	
Losing the One You Have.....	102
Exercise 5-3: A Closer Look at Open-Mindedness.....	103

**Meatless, Yet Hearty, Steps ..... 105**

Step One: We admitted we were powerless over alcohol – that	
our lives had become unmanageable.....	106
Step Two: Came to believe that a Power greater than ourselves	
could restore us to sanity.....	108
Step Three: Made a decision to turn our will and our lives over	
to the care of God <i>as we understood Him</i> .....	110
Step Four: Made a searching and fearless moral inventory of ourselves.....	112
Step Five: Admitted to God, to ourselves, and to another human	
being the exact nature of our wrongs.....	115
Step Six: Were entirely ready to have God remove all these	
defects of character.....	116
Step Seven: Humbly asked Him to remove our shortcomings.....	117
Step Eight: Made a list of all persons we had harmed, and	
became willing to make amends to them all.....	118
Step Nine: Made direct amends to such people wherever possible,	
except when to do so would injure them or others.....	119
Step Ten: Continued to take personal inventory, and when	
we wrong, promptly admitted it.....	121

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out .....	123
Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.....	125
<b>Cold Leftovers and Suggestions for Reheating .....</b>	<b>129</b>
The First Spiritual Crisis in Recovery – How to Survive.....	130
Exercise 7-1: Act As If.....	132
I Should Be Better – Fading Spirituality in Long-Term Recovery .....	133
Exercise 7-2: Refreshing Your Spiritual Practice.....	136
Dark Night of the Soul – Spiritual Pain.....	136
Exercise 7-3: Active Surrendering .....	139
Refreshers – Keeping Spirituality Interesting.....	141
A Final Word – Going Out From Here .....	143
<b>Resources .....</b>	<b>145</b>
Programs for Recovery.....	145
Twelve-Step Recovery Programs.....	145
Alternative Recovery Programs .....	146
Books .....	147
Twelve-Step Program Literature.....	147
Other Twelve Step Books .....	148
Alternative Recovery Books.....	148
Spiritual Growth and Exploration .....	149
World Religions.....	150
Websites of Interest.....	150
World Religions and Spirituality .....	150
Alternative Recovery .....	150
<b>Index.....</b>	<b>151</b>
<b>About the Author.....</b>	<b>155</b>
<b>Order Form.....</b>	<b>156</b>