

## 24 Hours A Day Book

Another AA forefather who originally found guidance in the Oxford Group was Richmond Walker. He stayed sober with the help of the Oxford Group in Boston, Massachusetts. Richmond, who later came to AA would write the most famous and often used daily meditation book for the twelve step recovery, *Twenty-four Hours a Day*.

Some of the ideas about spiritual experience and spiritual awakening came from the American psychologist William James, in his book "The Varieties of Religious Experience" published in 1902 and used extensively by the Oxford Group.

Bill Wilson wrote: William James also heavily emphasized the need for hitting bottom. Thus reinforcing AA's Step One and so he supplied us with the spiritual essence of Step Twelve.

Having now accounted for AA's Step One and Step Twelve, where did the early AA's find the material for the remaining ten steps? The spiritual substance of our remaining ten steps came straight from Bill Wilson and Dr. Bob and their earlier association with the Oxford Groups.

Why the split with the Oxford Group? During the same period that Bill Wilson was writing AA's Big Book, the early AA's were slowly ending their association with the Oxford Group, first in New York and then in Akron, Ohio. The primary reason that they left the Oxford Group were:

- (1) They wanted to concentrate on only helping alcoholics;
- (2) The Oxford Group leader, Frank Buchman made favorable comments in public about Nazi Germany;
- (3) The Catholic Church discouraged members from joining any other religious groups; and
- (4) The Oxford Group frowned upon tobacco use.

The co-founders of AA, Bill Wilson and Dr. Bob Smith, were both associated with the Oxford Group prior to their meeting in 1935. Bill Wilson attended meetings for five months and Dr. Bob for two and a half years.