

Igor Sikorsky

"Emmet Fox and Alcoholics Anonymous"
By Igor S. February

1966 AA Grapevine.

One of the very early recovering alcoholics who worked with co-founder Bill W. was a man named Al, whose mother was secretary to Emmet Fox, a popular lecturer on New Thought philosophy. When the early groups were meeting in New York, members would frequently adjourn after a meeting and go to Steinway Hall to listen to Fox's lecture.

Perhaps the fundamental contribution of Emmet Fox to Alcoholics Anonymous was the simplicity and power of "The Sermon on the Mount." This book sets forth the basic principles of the New Thought philosophy that "God is the only power, and that evil is insubstantial; that we form our own destiny by our thoughts and our beliefs; that conditions do not matter when we pray; that time and space and matter are human illusions; that there is a solution to every problem; that man is the child of God, and God is perfect good.

One of the cornerstones of Fox's philosophy was to live but one day at a time, to be responsible for one's own thoughts and to clear up resentments, just as AA was to teach,

"that resentments are our number one cause of slips."

"Al" is Al Steckman – Founder of the AA Grapevine

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