

# The Oxford Group

The Oxford Group influenced the structure of Alcoholics Anonymous.

AA's suggested steps of recovery came from a first century Christian fellowship, founded in 1921 by a Lutheran Minister, Dr. Frank Buchman and Rev. Samuel Shoemaker. This fellowship changed its name to the Oxford Group in 1928.

The Oxford Group had 4 absolutes:

Absolute Honesty  
Absolute Purity  
Absolute Unselfishness  
Absolute Love

Many men and women found recovery from alcoholism in the Oxford Group.

To be spiritually reborn and to live in the state in which these four points are the guides to our life in God. The Oxford Group advocate four practical spiritual activities:

1. The sharing of our sins and temptations with another Christian life given to God and to use sharing as witness to help others, still unchanged, to recognize and acknowledge their sins.
2. The surrender of our life, past, present and future, into God's keeping and direction.
3. Restitution to all whom we have wronged directly or indirectly.
4. Listening to, accepting, relying on God's guidance and carrying it out in everything we do or say, great or small.