

PREAMBLE

12 Steps to Liberation is a 12 Step fellowship open to anyone seeking recovery. Our meetings are not specific to any particular addiction, and we take care to bond through our recovery rather than our addictions. In our fellowship, we have seen the 12 Steps work equally effectively on a range of very different addictions, and we have come to believe that anyone with willing can benefit from recovery.

The only requirement for membership is a desire to live free from addictive behaviours and thought patterns. We meet to share our personal experience of 12 Step recovery to support and inspire each other, using the Big Book of Alcoholics Anonymous as our foundation text. By attending this meeting we commit to protecting each other's anonymity.

All are welcome - this is the coming together time.



THE 12 STEPS

- 1.** We admitted we were powerless over addiction - that our lives had become unmanageable
- 2.** Came to believe that a Power greater than ourselves could restore us to sanity
- 3.** Made a decision to turn our will and our life over to the care of God as we understood him
- 4.** Made a searching and fearless moral inventory of ourselves
- 5.** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs
- 6.** Were entirely ready to have God remove all these defects of character
 - 7.** Humbly asked God to remove our shortcomings
 - 8.** Made a list of all the people we had harmed and became willing to make amends to them all
 - 9.** Made direct amends to such people, except when to do so would injure them or others
 - 10.** Continued to take personal inventory, and when we were wrong promptly admitted it
 - 11.** Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry it out
- 12.** Having had a spiritual awakening as a result of these steps, we carry this message to other addicts, and practice these principles in all our affairs



THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realise that God is doing for us what we could not do for ourselves.

Are they extravagant promises? We think not.

They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialise if we work for them".

(from Pages 83 - 84 of the Big Book of Alcoholics Anonymous)





whose voice I hear in the winds,
and whose breath gives life
to all the world, hear me!
I am small and weak:
I need your strength and wisdom.

Let me walk in beauty and make my eyes
ever behold the red and purple sunset.

Make my hands respect the things you have
made and my ears sharp to hear your voice.

Make me wise so that I may understand the
things you have taught my people.

Let me learn the lessons you have hidden in
every leaf and rock.

I seek strength not to be greater than my brother,
but to fight my greatest enemy... myself.

Make me always ready to come to you with
clean hands and straight eyes.

So when life fades as the fading sunset,
my spirit may come to you without shame.

Indigo Raven

NAVAJO PRAYER



Prayer of Saint Francis

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning
that we are pardoned;

And it is in dying
that we are born to eternal life.



Acceptance Prayer

ACCEPTANCE IS THE ANSWER TO ALL MY PROBLEMS TODAY. WHEN I AM DISTURBED, IT IS BECAUSE I FIND SOME PERSON, PLACE, THING OR SITUATION – SOME FACT OF MY LIFE – UNACCEPTABLE TO ME AND I CAN FIND NO SERENITY UNTIL I ACCEPT THAT PERSON, PLACE, THING OR SITUATION AS BEING EXACTLY THE WAY IT IS SUPPOSED TO BE AT THIS MOMENT. NOTHING, ABSOLUTELY NOTHING HAPPENS IN GOD'S WORLD BY MISTAKE. UNTIL I COULD ACCEPT MY ALCOHOLISM, I COULD NOT STAY SOBER. UNLESS I ACCEPT LIFE COMPLETELY ON LIFE'S TERMS, I CANNOT BE HAPPY. I NEED TO CONCENTRATE NOT SO MUCH ON WHAT NEEDS TO BE CHANGED IN THE WORLD AS ON WHAT NEEDS TO BE CHANGED IN ME AND MY ATTITUDES.



The Highest Blessings

What then are the highest blessings?

Avoiding those of foolish ways,
Associating with the wise,
And honouring those worthy of honour.
These are the highest blessings.

Living in places of suitable kinds,
With the fruits of past good deeds,
And guided by the rightful way.
These are the highest blessings.

Accomplished in learning and craftsman's skills,
With discipline, highly trained,
And speech that is true and pleasant to hear.
These are the highest blessings.

Providing for mother and father's support
And cherishing family,
And ways of work that harm no being.
These are the highest blessings.

Steadfast in restraint, and shunning evil ways,
Avoiding intoxicants that dull the mind,
And heedfulness in all things that arise.
These are the highest blessings.

Respectfulness and of humble ways,
Contentment and gratitude,
And hearing the Dhamma frequently taught.
These are the highest blessings.

Patience and willingness to accept one's faults,
Seeing venerated seekers of the truth,
And sharing often the words of Dhamma.
These are the highest blessings.

Although involved in worldly tasks,
Unshaken the mind remains
Beyond all sorrow, spotless, secure.
These are the highest blessings.

They who live by following this path
Know victory wherever they go,
And every place for them is safe.
These are the highest blessings.

