

Community Circles

It's Not All about You! (Or Is It?), with Asha Lightbearer

Aired 05/23/2021 – [Watch on YouTube](#) (high-speed available)



The 12 Steps of AA

- 1. We admitted we were powerless over alcohol—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 lives 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 Him to remove our shortcomings.*
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.*
- 9. Made direct amends to such people wherever possible, 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 that out.*
- 12. 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.*

The AA 12-Step program was created to help alcoholics recover from addiction. Today it is used for many different addiction groups, including Co-Dependents Anonymous.

- Based on your understanding of the 12 Steps, would you consider this a spiritual program?*
- Do you think healing/personal wellbeing are elements of spirituality/spiritual wellbeing?*
- Do you think all forms of therapy or support to overcome life challenges are spiritual or have a spiritual component at some level?*

The 12 Steps of AA repeatedly reference “God, as we understood Him”. They also directly reference prayer and meditation to improve conscious contact with God (as we understood, Him).

- Do the program steps remind you of other spiritual teachings you may have heard before?*
- Do you already practice some of these principles in your daily life?*

- *What does “spiritual awakening” mean to you?*
- *Is it really a spiritual awakening if God is understood only as the power of the group, the program, and the support and guidance provided therein?*
- *What benefits can you envision from working the 12 Steps of AA as part of your daily life?*
- *Are there any challenges that you can envision from working these steps every day?*

Notice that the 12 Steps are written in past tense.

- *How might this be important in this process?*

The Million Dollar Question...

- *Is your spirituality all about you (or not)? In what ways?*

The 12 Promises of AA

“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. 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 on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.”
