

11th and
12th Step
Prayers

STEPS
11 AND
12

CALENDAR
OF
EVENTS



District 22 Newsletter

2019 November
and December



THE CORNERSTONE

*Sobriety is not about hating.
Sobriety is about learning to love one another.*

Step 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."

When I first came into the program back in Illinois 8 years ago, an AA friend with long term sobriety who was taking me to my first meeting told me, "You know, Alcoholics Anonymous is a spiritual program." As an active member of my faith community, I found his words a little strange. But as my first meeting turned into many, both 12 step and Big Book, it was soon clear that my friend was right.

There was much that I recognized from my own faith tradition...the prayers of St. Francis and St Ignatius, for example. AA, of course, is a program whose primary purpose is to help alcoholics of all religious persuasions (or none) to get sober and to stay sober, so where does the 11th step come into this program of recovery?

Prayer and Meditation...sounds easy, but the reality is that even for folks with a strong faith life or connection to a faith community, setting aside a time to be still and quiet and talk to your God isn't easy. The fact that prayer and meditation can be challenging for many of us, however, doesn't mean that we can skip this step. It's an important part of our recovery. Why? Because if we don't feed a relationship it can die. Step 11 is about feeding our relationship with God (as we understand him) keeping in regular contact with our all-important "higher power".

Step 11 contd page 3

Step 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."

"I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, 'You are a free man.'"

These words are crisp and clear, so descriptive I can, at times, feel the wind that blew through him. But if I was totally honest, I'd have to say that was not the case with me. In fact, for some time, those words challenged me almost to the point of no return. If having a spiritual awakening was supposed to be as awe inspiring as that, no, that was not me.

As I grew in the program, the spiritual awakening was developed gradually. People pointed out changes in my behavior, attitude and personality. They saw these long before I did. Then I started to pay attention and listen to myself. Yes, that meant taking the cotton out of my ears and putting it in my mouth!! One day I looked in the mirror... really looked. What had been carried around for years, the lies, secrets, condemnation of self; it was gone.

That keeps me working the steps! Over and over again. Step 10, daily inventory is so important. The preverbal onion skins. Removing layer after layer after layer.

These daily inventories help me stay focused. In order to carry the message to others, I need to be open,

Step 12 contd page 3

Tips for staying sober through the holidays:

- Put your sobriety first. Do what you need to do to stay sane and sober. Call other sober folks and go to lots of meetings. Don't put unreasonable expectations on yourself. Good time to use your telephone list!
- Practice an attitude of gratitude. Be thankful for the small things: that you woke up sober, that you have another day to experience the grace of being a new you. Today you are part of the solution instead of part of the problem.
- Practice a spirit of giving. Do a good deed without getting found out: perhaps leave a present for an elderly neighbor, adopt a family, or simply make cookies and take them to your favorite AA meeting.
- Most importantly, be kind and loving towards yourself. Get plenty of sleep, feed yourself well. Take one hour at a time.

'Twas the night before Christmas

'Twas the night before Christmas, we were all in the club,
Enjoying a meeting, instead of the pub.
The ashtrays were clean, and the coffee was made,
The Big Books were out and we all had prayed.
When out in the lot, there arose such a clatter,
We all jumped up to see what was the matter.
The Chair with his Big Book, and I with my smokes,
Headed outside to find these two blokes.
They came on inside and sat at the table;
And said that they'd chair, as soon as they're able.
To start with, they said, "It's more than not drinking;
It's doing your best to fix your sick thinking."
"Think, Think, Think!" and the slogans we used,
Help keep the newcomer from getting confused.
Step 1 is a start, they said we should know,
But after Step 2, we'll be all aglow.
We make a decision when we got to Step 3;
Step 4 was real tough, we all could agree.
Step 5 is the one where we let it all out,
And after Steps 6 and 7, we're left with no doubt.
When we go to Step 8, we made our list;
And then with Step 9, we have to persist.
After Step 9, the promises ring true;
We didn't just make that up, right out of the blue.
After that, it's on with the rest;
The things we must do, to be our best.
They put on their coats and got ready to leave;
A pretty good end, for this Christmas Eve.
As to their names, we only could guess;
Must have been Bill W. and Dr. Bob S.
The two men hopped into a '35 Ford,

December

14 Grapevine & Literature Quarterly
18 District 22 Meeting, 7 PM Unity Church
24 – 25 Christmas Alcahthon, 6 PM to
6 PM Christmas Eve to Christmas Day
31 to January 1, 2020, 6 pm to
6 PM New Year's Eve to New Year's Day

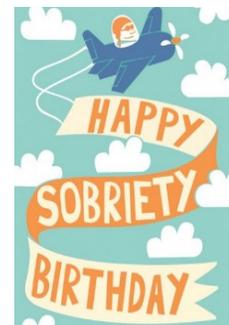
January 2020

3-4 Business Quarterly, Everett
11 Treatment Quarterly, Lynwood
18 Accessibility Quarterly, Maple Valley
25 Young People Standing Comm Qtrly, Seattle
25 District 22 meeting, Unity Church, Port
Angeles, 7 PM

'Twas the night, contd

And as they pulled out, one of them roared:
"We leave this message, for our sisters &
brothers:
trust God, clean house, and be of service to
others.
And for all of you people, I just want to say:
have a nice holiday, but don't drink today!

And Merry Merry Christmas!!!



Butch
11/1/82
Bill K
11/11/89
Linda W
11/23/17
Danny W
12/9/15
Jackson
12/13/18
Sandra J
12/30/2000

To share your AA
birthday is not
bragging.
It's telling the
newcomer that
there is hope for
them.

Eleventh Step Prayers

Pg 86 NIGHT After mediation on the day just completed, "We ask God's forgiveness and inquire what corrective measures should be taken". Pg 86 MORNING Before we begin our day, "we ask God to direct our thinking, especially asking that it be divorced from self-pity,,, dishonest or self-seeking motives".

Pg. 86 MORNING In thinking about our day, "We ask God for inspiration, an intuitive thought or decision". Pg. 87 MORNING We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will, and are careful to make no requests for ourselves only We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. 87 - 88 ALL DAY As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

Step 11, cont'd

As alcoholics, we know the loneliness and the dangers of isolation, of closing in on ourselves. Making prayer and meditation a part of our day, or a regular part of our week are an important part of our recovery. An old priest friend once told me of one of his parishioners who said to him, "You know, Father, there's no secret to AA...It's very simple...Don't drink and go to meetings. He's right, of course, but it is a whole lot easier to do this if we keep regularly in touch with that higher power to whom we entrusted our lives in Step 2 when we came to believe that only a power greater than ourselves could relieve us from our alcoholism.

The good news is that there is no one way to build in some prayer and meditation into our lives. Perhaps it's just a question of making regular attendance at the religious services offered by our faith tradition a part of our routine. If this is not for you, the internet is also a great source for prayers and reflections, many specific to people in recovery. Being in AA, as we soon begin to find out, is a journey of self-discovery. There are three great questions in life that religious faith tries to address: Where did I come from? Why am I here? Where am I going? We AA's know where we've been; We look at where we are at now on our recovery; and we reflect on where our lives are heading. Step 11 is all about helping us to reflect on these question and to give us the strength to continue on the road to sobriety, the road of happy destiny.

As understood by Stewart A.

Step 12

honest and truthful with myselfand with others. What's the point in getting sober and working the steps if I don't work them "in all my affairs". Now that's a chore but once you do it, it gets easier every time.

Meeting newcomers is still not easy for me. I reflect on an event that happened early this year. An old friend came to a meeting but I didn't recognize him! I remember saying to myself, "I hope he doesn't sit beside me". The next thing I knew, he was there, right beside me. He said 'hi' and I returned the 'hi' Did some small talk. It wasn't until he talked a little more that I realized who it was! I was flabbergasted laced with embarrassment. And more important, humiliated for not recognizing him and thinking what I had. That was a good lesson, no, an exceptional lesson for me. One that will live with me and will form how I treat/think of people walking in the doors of A.A. .

In spite of this, I consider myself "a free woman". For that I am Grateful to AA.

By Anonymous

TWELFTH STEP PRAYER

Pg. 164 *Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order.*

Merry Christmas, Happy Hanukkah, Yuletide Greetings, Feliz Navidad, Joyeux Noël, however you celebrate this event, please do it with peace, joy and love. Ring in the New Year with a determination, understanding and faith.

 <p>Christmas Eve</p>	<p>Christmas Alcathon Christmas Eve, December 24, 6:00 PM to Christmas Day, December 25, 6:00 PM Bethany Pentecostal Church 508 S Francis St., Port Angeles Handicap Accessible</p>	 <p>Christmas Day</p>
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 <p>NEW YEAR'S EVE 2019</p>	<p>New Year's Alcathon New Year's Eve, 6 PM December 31 to New Year's Day, 6 PM JANUARY 1, 2020 St. Andrews Episcopal Church 510 E. Park Ave., Port Angeles Handicap Accessible</p>	 <p>HELLO 2020</p>
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