

The Twelve Steps

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 others, and to practice these principles in all our affairs.

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Background Information (from WSO website)

Al-Anon

- Is for families and friends of alcoholics.
- Is a separate fellowship from Alcoholics Anonymous (AA).
- Al-Anon is based on the Twelve Steps and Twelve Traditions adapted from AA.
- Is compatible with professional treatment.

Alateen

- Is part of the Al-Anon fellowship designed for the younger relatives and friends of alcoholics through age nineteen.
- Members conduct their own meetings with the guidance of an Al-Anon sponsor.
- Follows the same Twelve Steps, Twelve Traditions, and principles as Al-Anon.

Al-Anon and Alateen Members Are Helped When They:

- Attend meetings on a regular basis.
- Make telephone contact with other members.
- Read Al-Anon/Alateen literature.
- Have a sponsor.
- Apply the Twelve Steps of recovery to their lives.
- Become involved in Al-Anon service work.

Al-Anon and Alateen Groups Do Not:

- Give advice.
- Indulge in gossip or criticism.
- Discuss members' religious beliefs, or lack of them.
- Endorse or oppose any cause, therapy, or treatment.
- Talk about the alcoholic.

Al-Anon Alateen

September - December
2011

Meeting Guide

District 7
Jackson/Josephine Counties,
Oregon, USA

1-888-794-7683

www.RogueValleyAl-Anon.org
{ Check the web for most current Meeting List }

Literature:

Gunther/Michelle: 541-292-2262

Oregon Al-Anon:

<http://www.OregonAl-Anon.org>

World Service Office:

<http://www.Al-Anon.org>

1-888-4AL-ANON

(1-888-425-2666)

U.S. and Canada, Monday-Friday

8am-6pm ET

For meeting changes:

meetings@roguevalleyal-anon.org