

# Step Twelve

## *Twelfth Step Prayer*

*Dear God,*

*My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in & out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say. I need You, my friends, & the program every hour of every day. This is a better way to live. Amen.*

We Do Together:

- Read chapter "Working With Others."

Daily Work for a lifetime:

- Continue making gratitude lists, your prayers of choice, et. al. Sending your gratitude list (to anyone, or multiple people) – many have a "gratitude group" of people they send them too daily, even after years of sobriety. This is a highly recommended suggestion. At the very least, do it with your sponsees and sponsor.
- Continue with *Twenty-Four Hours a Day* or at least one spiritual daily reading of your choice – for life.
- Continue studying some of a spiritual book (or activity) *in addition* whatever your religion, or you, decree a Holy or spiritual text, as well as expand your spirituality in any way you feel drawn to AND benefits you. ***This is for a lifetime, and of paramount importance.*** How you practice this is a personal choice, everything is always a suggestion. *The important thing is that you continue seeking your higher power and never rest on your "spiritual laurels."*
- You will find your own rhythm for meeting attendance. The important thing is that you continue and **never** ignore feeling of "being off the beam" – when this happens, get to a meeting (especially if you don't "feel" like it!) Meeting makers don't necessarily make it, but it is good practice and it benefits others. It is also how we find newcomers who need our help (sponsoring).

Step Twelve Work:

- Write a first-person summary of each paragraph in the 12 x 12 for Step Twelve.
- Read the Twelfth Step chapter in *The Steps We Took*.
- AFTER:
  - Read the remainder of the 164 pages if you have not done so already, as well as any remaining stories in the back of the book.
  - By now you have already been participating in service work within the program or the world, now it's time to start raising your hand in meetings when sponsors are asked to identify themselves.
  - You will do an open talk before you turn "1 year"! I will help you find a venue – it is good to establish your own narrative – it is healing for you as well as those you will reach with your service.
  - Read *Carry This Message* by Joe McQ.

YOU CAN DO IT ☺

Recovery Resources for Women: [www.xyZrecovery.com](http://www.xyZrecovery.com)