

## The Twelve Steps

These Steps work for any addiction or compulsion! Simply replace the word 'alcohol' with your own presenting problem. Study of these steps is essential to progress in this program, the principles they embody are universal, applicable to everyone, whatever his/her personal creed. We strive for an ever deeper understanding of these Steps and pray for God's wisdom to apply them to our lives.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe in 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 whenever 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.

**Overcomers is:** a fellowship of men and women who have been affected either directly or indirectly by the abuse of any mood altering chemical or compulsive behavior. We believe that as we look to a loving God for help, and put into practice those principles for living which He has given in His Word, we shall find both the strength and freedom we need to live productive and happy lives. We strongly believe that our “higher power” is Jesus Christ, our Savior and Lord.

**Our purpose:** based directly upon the Word of God is set forth as follows:

- (1) To provide fellowship in recovery
  - (2) To be and to live reconciled to God and His family
  - (3) To gain a better understanding of alcohol and mood-altering chemicals and the disease of addiction
  - (4) To be built up and strengthened in our faith in Christ
  - (5) To render dedicated service to others who are suffering as we once suffered.
- We hold no corporate opinions concerning politics, economics, race, philosophy science, or any other matter not immediately bearing upon our recovery. While we do believe that Jesus is the Christ, the resurrected and living Son of God, we hold no corporate view concerning denominational preference.

**We practice** the suggested 12-Step recovery program of alcoholics Anonymous, Al-Anon and other 12 step groups because we believe these to be the life changing principals which are so clearly set forth in the Scriptures.

### **We welcome:**

anyone who has a desire to stay clean and sober; anyone who has a desire to rise above the pain and turmoil engendered by the addiction of a loved one; anyone wishing to break the bondage of compulsive behavior; Anyone who is not opposed to our general method of recovery.

We are here to share our experience, strength and hope with one another. The loving support and genuine caring of fellow members, coupled with daily prayer and the reading of Scripture, prepares us to experience total serenity in Christ, no matter what our outward circumstances might be. *Attendance at addition 12-Step groups is encouraged.* We are dedicated to the principles of anonymity and confidentiality; we guard the anonymity and confidences of other members zealously. Nothing said in these discussions will leave this room in any form. Gossip has no place among us, nor will we share these discussions with outside prayer lists. Our common welfare must come first. Our leaders are chosen not to govern but to serve. There is only one authority in our group--Jesus Christ, as He expresses His love among us.