

3rd Annual Stepping Stones to Serenity Seminar
at Bellevue, NE ~ Oct. 4 2008
12 Steps to Serenity with Ellen C (AFG) from Arlington, TX

STEP STUDY READING*

STEP ONE: We admitted we were powerless over alcohol -- that our lives had become unmanageable.

Alcoholics Anonymous: from page XI (Preface) to page 44

How Al-Anon Works for Families and Friends of Alcoholics: Preface through page 20 and page 42 through the end of Step One on page 47

AA's Twelve Steps and Twelve Traditions, pages 21 - 24

STEP TWO: Came to believe that a Power greater than ourselves could restore us to sanity.

Alcoholics Anonymous: Chapter 4, "We Agnostics"

How Al-Anon Works: pages 21 - 26, 47 - 48, and 75-76 (Let Go and Let God)

AA's Twelve Steps and Twelve Traditions, pages 25 - 33

STEP THREE: Made a decision to turn our will and our lives over to the care of God as *we understood Him.*

Alcoholics Anonymous: pages 58-63

How Al-Anon Works: pages 49-51. Also read pages 124-142.

AA's Twelve Steps and Twelve Traditions, pages 34-41

STEP FOUR: Made a searching and fearless moral inventory of ourselves.

Alcoholics Anonymous: pages 64-71

How Al-Anon Works: pages 51-53

AA's Twelve Steps and Twelve Traditions, pages 42-54

STEP FIVE: Admitted to God, to ourselves and to another human being the exact nature of our Wrongs.

Alcoholics Anonymous: pages 72-75

How Al-Anon Works: pages 53-55

AA's Twelve Steps and Twelve Traditions, pages 55-62

STEP SIX: Were entirely ready to have God remove all these defects of character.

Alcoholics Anonymous: top of page 76

How Al-Anon Works: pages 55-56 and pages 77-82

AA's Twelve Steps and Twelve Traditions, pages 63-69

STEP SEVEN: Humbly asked Him to remove our shortcomings.

Alcoholics Anonymous: second paragraph of page 76

How Al-Anon Works: pages 56-57 and pages 83-87

AA's Twelve Steps and Twelve Traditions. pages 70-76

STEP EIGHT: Made a list of all persons we had harmed, and became willing to make amends to them all.

Alcoholics Anonymous: middle of 76 to middle of 84

How Al-Anon Works: pages 57-59 and pages 88-94

AA's Twelve Steps and Twelve Traditions. pages 77-82

STEP NINE: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Alcoholics Anonymous: again from the middle of 76 to middle of 84. Study the promises.

How Al-Anon Works: pages 59-61 and pages 95-100

AA's Twelve Steps and Twelve Traditions. pages 83-87

STEP TEN: Continued to take personal inventory and when we were wrong promptly admitted it.

Alcoholics Anonymous: pages 84-85. Take the action of Step 10.

How Al-Anon Works: pages 61-62 and pages 66-75

AA's Twelve Steps and Twelve Traditions. pages 88-95

STEP ELEVEN: 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.

Alcoholics Anonymous: bottom of page 85-88

How Al-Anon Works: pages 62-63 and pages 101-103

AA's Twelve Steps and Twelve Traditions. pages 96-105

STEP TWELVE: 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.

Alcoholics Anonymous: pages 89-103

How Al-Anon Works: pages 63-65 and pages 104-105

AA's Twelve Steps and Twelve Traditions. pages 106-125

*As you continue through this study, underline or highlight what is important to you in your reading, noting particularly the "musts," the prayers, the promises, the principles and the questions.