

TOGETHER WE CAN ...

Recover through our Spiritual Principles

Our 12th Step tells us that we have a “spiritual awakening” as the result of these Steps and that we are to “practice these principles in all our affairs.” If we go looking through our literature, the indexes do not refer to the “principles,” so where do we find them? They are embedded deep within our Steps, Traditions, Concepts, slogans, and our literature. There is a passage in our book Paths to Recovery – Al-Anon’s Steps, Traditions, and Concepts, that lists about 4 of the principles ... and there are so many more.

Today, I want to challenge people to start looking for, think about, identify, and embrace the spiritual principles we have in our Legacies: Steps, Traditions, Concepts.

What is a Spiritual Principle?

- Responses from the group

Define Spiritual Principle:

Spiritual: relating to or affecting the human spirit or soul as opposed to material or physical things.

Principle: a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

SO ... A **spiritual principle** is a truth or creed that we choose to live by. They are different from values because they don't include things such as family or finances. They are universal concepts that help us to become better people.

We will break into 7 groups:

- Group 1 - Steps 1-6
- Group 2 - Steps 7-12
- Group 3 - Traditions 1-6
- Group 4 - Traditions 7-12
- Group 5 - Concepts 1-6
- Group 6 - Concepts 7-12
- Group 7 - General Warranties

Let's look for spiritual principles in our legacies and how we apply these spiritual principles to our lives as we live the Legacies.

Meet for 20 (TBD) minutes or so and each group will briefly share something they learned in their review.

THE TREASURE HUNT

Breakout into 7 groups

- Group 1 - Steps 1-6
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- Group 5 - Concepts 1-6
- Group 6 - Concepts 7-12
- Group 7 - General Warranties

GROUP 1

The 12 Steps: (1 through 6)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Steps: (1 through 6)

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
 - Acceptance
 - Open-mindedness
 - Admission of defeat
 - Surrender
 - Honesty
 - Willingness
 - Humility
2. Came to believe that a Power greater than ourselves could restore us to sanity.
 - Acceptance
 - Humility
 - Hope
 - Open-mindedness
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
 - Commitment
 - Surrender
 - Faith
 - Willingness
 - Humility
4. Made a searching and fearless moral inventory of ourselves.
 - Courage
 - Honesty
 - Fearlessness
 - Humility
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 - Humility
 - Truth
 - Integrity
 - Willingness
6. Were entirely ready to have God remove all these defects of character.
 - Acceptance
 - Open-mindedness
 - Forgiveness
 - Prudence
 - Honesty
 - Serenity
 - Humility
 - Willingness

GROUP 2

The 12 Steps: (7 through 12)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Steps: (7 through 12)

7. Humbly asked Him to remove our shortcomings.

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|--------------|-------------------|---------------|
| - Acceptance | - Humility | - Willingness |
| - Honesty | - Open-mindedness | |

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

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|---------------|-------------------|----------------|
| - Acceptance | - Love | - Thoroughness |
| - Forgiveness | - Open-mindedness | - Tolerance |
| - Honesty | - Reflection | - Willingness |
| - Humility | - Responsibility | |

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

- | | | |
|---------------|-----------------|-----------------|
| - Amendment | - Fortright | - Sincerity |
| - Calmness | - Generous | - Willingness |
| - Courage | - Good judgment | - Vulnerability |
| - Discipline | - Humility | |
| - Forgiveness | - Justice | |

10. Continued to take personal inventory and when we were wrong promptly admitted it.

- | | | |
|---------------|----------------|------------------|
| - Acceptance | - Kindness | - Self-restraint |
| - Discipline | - Love | - Tolerance |
| - Fair-minded | - Maintenance | - Vigilance |
| - Forgiveness | - Patience | - Willingness |
| - Honesty | - Perseverance | |
| - Humility | - Persistence | |

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.

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|---------------|----------------|-----------------|
| - Awareness | - Hope | - Strength |
| - Compassion | - Humility | - Truth |
| - Faith | - Love | - Understanding |
| - Forgiveness | - Serenity | - Willingness |
| - Harmony | - Spirituality | - Wisdom |

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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|--------------|------------|-----------------------|
| - Acceptance | - Honesty | - Spiritual Awakening |
| - Courage | - Humility | - Tolerance |
| - Discipline | - Love | - Understanding |
| - Gratitude | - Service | - Wisdom |

GROUP 3

The 12 Traditions: (1 through 6)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Traditions: (1 through 6)

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
 - Unity
 - Understanding
 - Surrender
 - Harmony
 - Open-mindedness
 - Love
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
 - Faith
 - Understanding
 - Surrender
 - Trust
 - Open-mindedness
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
 - Faith
 - Encouragement
 - Love
 - Discernment
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
 - Good judgment
 - Awareness
 - Understanding
 - Unity
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
 - Understanding
 - Encouragement
 - Compassion
 - Love
 - Forgiveness
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
 - Spirituality
 - Encouragement
 - Love
 - Discernment

GROUP 4

The 12 Traditions: (7 through 12)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Traditions: (7 through 12)

7. Every group ought to be fully self-supporting, declining outside contributions.
 - Abundance
 - Generous
 - Faith
 - Discernment
 - Prudence
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
 - Honesty
 - Service
 - Discernment
 - Responsibility
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
 - Commitment
 - Abundance
 - Surrender
 - Trust
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
 - Good judgment
 - Prudence
 - Wisdom
 - Discipline
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
 - Good judgment
 - Prudence
 - Wisdom
 - Discipline
 - Vigilance
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.
 - Anonymity
 - Patience
 - Tolerance
 - Love
 - Kindness
 - Spirituality

GROUP 5

The 12 Concepts: (1 through 6)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Concepts: (1 through 6)

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
 - Responsibility
 - Wisdom
 - Spirituality
 - Service
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.
 - Trust
 - Delegated authority
 - Responsibility
 - Service
3. The right of decision makes effective leadership possible.
 - Trust
 - Delegated authority
 - Responsibility
 - Service
4. Participation is the key to harmony.
 - Harmony
 - Vulnerability
 - Courage
 - Willingness
5. The rights of appeal and petition protect minorities and insure that they be heard.
 - Harmony
 - Open-mindedness
 - Courage
 - Willingness
6. The Conference acknowledges the primary administrative responsibility of the Trustees.
 - Trust
 - Delegated authority
 - Fair-minded
 - Responsibility
 - Discernment
 - Good judgment

GROUP 6

The 12 Concepts: (7 through 12)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Concepts: (7 through 12)

7. The Trustees have legal rights while the rights of the Conference are traditional.
 - Trust
 - Delegated authority
 - Fair-minded
 - Responsibility
 - Discernment
 - Good judgment
8. The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
 - Trust
 - Delegated authority
 - Fair-minded
 - Responsibility
 - Discernment
 - Good judgment
9. Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.
 - Trust
 - Delegated authority
 - Fair-minded
 - Responsibility
 - Discernment
 - Good judgment
10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.
 - Balance
 - Surrender
 - Open-mindedness
 - Trust
 - Acceptance
 - Abundance
11. The World Service Office is composed of selected committees, executives and staff members.
 - Balance
 - Surrender
 - Open-mindedness
 - Trust
 - Acceptance
 - Abundance
12. The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.
 - Spirituality
 - Harmony
 - Trust
 - Service
 - Prudence
 - Understanding

GROUP 7

General Warranties of the Conference

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
 - Abundance
 - Trust
 - Integrity
 - Prudence
2. that no Conference member shall be placed in unqualified authority over other members;
 - Equality
 - Trust
 - Integrity
 - Harmony
3. that all decisions be reached by discussion, vote and whenever possible by unanimity;
 - Understanding
 - Acceptance
 - Surrender
 - Patience
4. that no Conference action ever be personally punitive or an incitement to public controversy;
 - Compassion
 - Humility
 - Unity
 - Patience
 - Discernment
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.
 - Generous
 - Abundance
 - Unity
 - Faith
 - Discernment

PERSONAL REFLECTIONS

Ask members to share any new awakenings, understandings, etc. on the
Spiritual Principles that are working in their daily lives.