

WAY OF LIFE TWELVE STEPS TO HEALTH – AGENDA

Adapted with the written permission of Alcoholics Anonymous (1981)

Based on: https://www.numbers1317.org/file_24_01.html

All the material can be copied to hold Way of Life 12 Steps to Health meeting. The Chairperson can ask any member to read the material if they want to. The meetings usually last 1 hour – 15-20 minutes after meeting to visit.

1. WELCOME TO WAY OF LIFE TWELVE STEPS TO HEALTH

Welcome to Way of Life 12 Steps to Health. We are glad you have chosen to join us and we hope that you will continue for at least 12 meetings before you decide that Way of Life Twelve Steps to Health is not for you. We are a self-supporting group and do not engage in any subjects or discussions except those who are for our personal growth and development of character.

My name is: (first name only) and I will be your chairperson for today. Everyone has an opportunity to chair the meeting and you can volunteer for the next meeting if you desire to do so.

Name of Volunteer for the next meeting: _____.

2. SERENITY PRAYER – Everyone can recite the Serenity Prayer. https://www.numbers1317.org/file_24_04.html

Explanation of the Serenity Prayer ([Click Here](#))

God grant me the serenity to accept the things I cannot change.
The courage to change the things I can
and the wisdom to know the difference.

3. WAY OF LIFE TWELVE STEPS TO HEALTH

PURPOSE OF WAY OF LIFE TWELVE STEPS TO HEALTH

https://www.numbers1317.org/file_24_03.html

The Steps are a 'Way of Life' for those who want to adopt them in their personal life. Life is given to grow physically, mentally and spiritually. This growth begins when I admit that I am powerless to manage my own life, when I make my own inventory and recognize my weaknesses; weaknesses in the way I have attributed the fault to others and in doing so, prolonged self-pity.

The Twelve Steps are steps to a higher plane. I learn in practicing them that I am not perfect and I risk to remain so unless I accept the fact that I must do something about it. In following these steps, I receive courage and serenity, and become helper, not helped, giver and not taker. Little by little, I leave weakness behind, and learn that growth, though painful, is worth the suffering. All the work of the Twelve Steps is based on two important truths: By the grace of God, I come to apply them in my life and by surrendering my will and my life to Him, I start to grow towards perfection and receive the power from the Holy Spirit to carry this message to others.

4. WAY OF LIFE TWELVE STEPS TO HEALTH

- [STEP 1](#): I admit that I am powerless to manage my own personal life.
- [STEP 2](#): Come to believe that a Power greater than myself could restore me to sanity.
- [STEP 3](#): Make a decision to turn my will and my life over to the care of God as I understand Him.
- [STEP 4](#): Make a searching and fearless moral inventory of myself.
- [STEP 5](#): Admit to God, to myself and to another human being, the exact nature of my wrongs.
- [STEP 6](#): Am entirely ready to have God remove all these defects of character.
- [STEP 7](#): Humbly ask Him to remove my shortcomings.
- [STEP 8](#): Make a list of all the persons I have harmed, and become willing to make amends to them all.
- [STEP 9](#): Make direct amends to such people wherever possible, except when to do so would injure them or others.
- [STEP 10](#): Continue to take personal inventory and when I am wrong promptly admit it.
- [STEP 11](#): Seek through prayer and meditation to improve my conscious contact with God as I understand Him, praying only for knowledge of His will for me and the power to carry that out.
- [STEP 12](#): Having had a spiritual awakening as a result of these steps, I carry this message to others and practice these principles in all my affairs.

5. WAY OF LIFE 12 STEPS TO HEALTH WITH EXPLANATION

Click on one Step to Health – read one Step explanation at every meeting.

6. WAY OF LIFE TWELVE TRADITIONS

PURPOSE OF WAY OF LIFE TWELVE TRADITIONS

The Traditions are a guide for the conduct and unity of the group. Since this Way of Life has no rules or regulations, the Traditions form a common basis that help in the therapy of the group purpose, membership, money, public relations, leadership and anonymity.

These principles are suggested for the unity of this fellowship and it's survival depends upon adherence to them. The Traditions protect against the destructive effects of the domination of a few members. They make every member equal, so it is possible to work together in groups and with harmony to the spiritual growth of everyone and mutual understanding.

With this Way of Life, contradictions become differences. It is this way that the problems are solved with an understanding made of tolerance and respect of others.

7. WAY OF LIFE TWELVE TRADITIONS

- [TRADITION 1:](#) Our common welfare should come first; personal progress for the greatest number depends upon unity.
- [TRADITION 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.
- [TRADITION 3:](#) When gathered together for mutual aid, the members of Way of Life, as a group, have no other affiliation. The only requirement for membership is the sincere desire for personal growth.
- [TRADITION 4:](#) Each group should be autonomous, except in matters affecting the philosophy of the program as a whole.
- [TRADITION 5:](#) Each group has but one purpose: to help the members of the group to accept themselves by practicing the Twelve Steps of the program and by carrying the message to others.

- [TRADITION 6](#): Our groups as such ought never to endorse, finance or lend our name to any outside enterprise lest problems of money, property and prestige divert from the primary spiritual aim that the program proposes.
- [TRADITION 7](#): Every group ought to be self-supporting, declining outside contributions.
- [TRADITION 8](#): Way of life Twelfth Step work, which is to carry the message to others, should remain for ever non-professional, but our service centers may employ special workers.
- [TRADITION 9](#): Our groups as such, ought never to be organized; but we may create Service Boards or Committees directly responsible to those they serve.
- [TRADITION 10](#): Our groups Way of Life have no opinion on outside issues; hence, our name ought never to be drawn into public controversy.
- [TRADITION 11](#): The public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need to guard with special care, the anonymity of all other members.
- [TRADITION 12](#): Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles above personalities.

8. WAY OF LIFE 12 TRADITIONS WITH EXPLANATION

Click on one Tradition – read one Tradition explanation at every meeting.

9. WAY OF LIFE TEN SLOGANS

PURPOSE OF WAY OF LIFE SLOGANS:

The Slogans can be used the same way as the Serenity Prayer, for guidance. They help on a spiritual plane to face difficulties and meet the challenge of life. They can also be used as mini-steps.

10. WAY OF LIFE TEN SLOGANS:

[Let go and let God](#)

[Slowly does it](#)

[Live and let live](#)

[First things first](#)

[Think, meditate, think](#)

[One day at a time](#)

[By the grace of God](#)

[Keep an open mind](#)

[How important is it?](#)

[Keep it simple](#)

11. WAY OF LIFE 10 SLOGANS WITH EXPLANATION

Click on one Slogan – read [one Slogan](#) explanation at every meeting.

12. DISCUSSION – STEPS TO HEALTH – STEPS TO CHRIST

- HEALTH NUGGET – 8 Laws of Health – Remedies – Cleansing
https://www.numbers1317.org/file_07_02.html
- SANCTUARY – <https://www.numbers1317.org/Sanctuary/index.html>
- COMPARE BOTH STEPS – USING THE SANCTUARY

13. THE LORD'S PRAYER

After this manner therefore pray ye:

- [Our Father which art in heaven,](#)
- [Hallowed be thy name.](#)
- [Thy kingdom come.](#)
- [Thy will be done in earth, as it is in heaven.](#)
- [Give us this day our daily bread.](#)
- [And forgive us our debts, as we forgive our debtors.](#)
- [And let us not fall into temptation,](#)
- [but deliver us from evil:](#)
- [For Thine is the kingdom, and the power, and the glory, for ever.](#)
[Amen."](#)

14.CLOSING WORDS

Thank you for your participation and we hope to see YOU at the next meeting. Keep well and keep the faith. It works if you work at it.

Blessings