

Meeting Date:
Dec 3, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 12 – Finding the meaning of Step Twelve

DATE: Dec 3, 2018

Al-Anon Speaker: Vi R, Mukwonago

Book: Reaching for Personal Freedom, Page 61-63

I felt hopeless and dead inside when I came to Al-Anon. So that I could better understand the Steps, I found it helpful to look up the meaning of the words in the dictionary.

The words in Step Twelve are very special to me. The first two words tell me that applying the Steps in my life offers me hope for a spiritual awakening – an awareness of God. “Result” implies the consequence of my actions. Therefore, I understand that I will have the awareness because I have used the Steps in my life.

Step Twelve then suggests that I try to carry the message. Although everyone isn't ready to hear the message of recovery, I can still carry it in various ways – speaking, writing, or welcoming newcomers with a smile or hug.

The word “practice” means to do something repeatedly, to develop a skill. If I practice the Steps in my life, I become more proficient in using them. Finally, ‘principles’ are the code for living that I practice in every area of my life. For me, Step Twelve is a culmination of all the steps.

- 1. What does the term “spiritual awaking” mean to me?**
- 2. In what ways is Step Twelve the culmination of the growth and spiritual awakenings I have experience in the previous steps?**
- 3. How have I carried the message outside of my meetings?**

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