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| Jacob Waletzky Memorial |
| Jami's Journey |
| Jesus Saves: Addictions |
| JohnXP's Recovery Page |
| JunkyLife.com |
| Just4Today Email Group |
| KCI Anti-Meth Site |
| Last House On The Block |
| Let It Begin With Me! |
| Listen to Recovery |
| Madballdan's Recovery Site |
| Marijuana Anonymous |
| Meth Madness |
| Methadone Support |
| Mind Over Matter |
| Miss Crack |
| Monthly NA Cartoon |
| NA AA Recovery Zone |
| NA Chat |
| NA Clichés Engine |
| NA-History.Org |
| NA in Ireland |
| NA Ireland North |
| NA Recovery |
| NA Recovery Chat |
| NA Way of Life |
| Narcosis |
| Narcotics Anonymous |
| Narcotics Anonymous Australia |
| Narcotics Anonymous UK |
| Nar-Anon Family Groups |
| New Beginning |
| Nicotine Anonymous |
| NitrosMike.com |
| One Toke Over |
| Overboard Soap Opera |
| Parents. The Anti-Drug. |
| Pigs in Space NA Group |
| Pills Anonymous |



There are two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.

Albert Einstein (1879-1955)

SANSKRIT PROVERB (PRAYER)

Look to this day
This very life of life
In its brief course lie all
The realities and verities of existence
The bliss of growth
The splendor of action
the glory of power--

For yesterday is but a dream
And tomorrow is only a vision
But today, well lived
Makes every yesterday a dream of happiness
and every tomorrow a vision of hope.

Look well, therefore to this day

Eleventh Step Prayer

Lord, make me a channel of thy peace--that where there i



Prayers & Meditations

A prayer for each of the 12 steps

~First Step Prayer~

Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand the true meaning of powerlessness.
Remove from me all denial of my addiction.

~Second Step Prayer~

Heavenly Father,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought and
addictive behavior from me this day.
Heal my spirit and restore in me a clear mind.

~Third Step Prayer~
(Page 63 - A. A. Big Book)

God,
I offer myself to Thee
To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do
Thy will.
Take away my difficulties,
that victory over them may bear
witness to those I would help of Thy Power,
Thy Love and
Thy Way of life,
May I do Thy will always!

~Fourth Step Prayer~

Dear God,
It is I who have made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine, and I will begin a
searching and fearless moral inventory.
I will write down my wrongs,
but I will also include that which is good.
I pray for the strength to complete the task.

~Fifth Step Prayer~

Higher Power,
 My inventory has shown me who I am,
 yet I ask for Your help in admitting my wrongs
 to another person and to You.
 Assure me, and be with me, in this Step,
 for without this Step I cannot progress in my recovery.
 With Your help, I can do this, and I do it.

~Sixth Step Prayer~

Dear God,
 I am ready for Your help in removing from me the defects of character
 which I now realize are an obstacle to my recovery.
 Help me to continue being honest with myself
 and guide me toward spiritual and mental health.

~Seventh Step Prayer~
 (Page 76 - A. A. Big Book)

My Creator,
 I am now willing that you should have all of me,
 good and bad. I pray that you now remove from me
 every single defect of character
 which
 stands in the way of my usefulness to you and my fellows.
 Grant me strength, as I go out from here to do your bidding.
 Amen

~Eighth Step Prayer~

Higher Power,
 I ask Your help in making my list of all those I have harmed.
 I will take responsibility for my mistakes,
 and be forgiving to others as You are forgiving to me.
 Grant me the willingness to begin my restitution.
 This I pray.

~Ninth Step Prayer~

Higher Power,
 I pray for the right attitude to make my amends,
 being ever mindful not to harm others in the process.
 I ask for Your guidance in making indirect amends.
 Most important, I will continue to make amends by
 staying abstinent, helping others, and growing in spiritual progress.

~Tenth Step Prayer~

I pray I may continue:
 To grow in understanding and effectiveness;
 To take daily spot check inventories of myself;
 To correct mistakes when I make them;

To take responsibility for my actions;
 To be ever aware of my negative and self-defeating attitudes and behaviors;
 To keep my willfulness in check;
 To always remember I need Your help;
 To keep love and tolerance of others as my code;
 And to continue in daily prayer how I can best serve You,
 my Higher Power.

~Eleventh Step Prayer~

Higher Power,
 As I understand You,
 I pray to keep my connection with You open and clear from the confusion of daily life.
 Through my prayers and meditation I ask especially for freedom from self-will, rationalization, and wishful thinking.
 I pray for the guidance of correct thought and positive action.
 Your will Higher Power, not mine, be done.

~Twelfth Step Prayer~

Dear God,
 My spiritual awakening continues to unfold.
 The help I have received I shall pass on and give to others,
 both in and out of the Fellowship.
 For this opportunity I am grateful.
 I pray most humbly to continue walking day by day on the road of spiritual progress.
 I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say.
 I need You, my friends,
 and the Program every hour of every day.
 This is a better way to live.

The origins of AA's adopted prayer The Serenity Prayer

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