

SPIRITUAL RENEWAL WITH THE 12 STEPS

JAN – DEC. 2009

#	A . A .	SWEDENBORG'S REGENERATION
#1 JAN	We admitted that we were powerless over alcohol. That our lives had become unmanageable.	<u>Void</u> <i>1st glimmerings that there is an "inner self" and that "Goodness" and "Truth" exist</i>
#2 FEB	<i>Came to believe that a Power greater than ourselves could restore us to sanity.</i>	<u>Remains</u> <i>Separation between inner and outer self. Inner self has good feelings and true ideas. It is "heaven."</i>
#3 MAR	<i>Made a decision to turn our will and our lives over to the care of God as we understood Him</i>	<i>Outer self is "earth" and starts to realize existence of "heaven." Often trouble, misfortune and grief happen as worldly things [the outer self] fade in importance.</i>
#4 APR	<i>Made a fearless and moral inventory of ourselves</i>	<u>Repentance</u> <i>We speak truth and do good; thinking it is from us.</i>
#5 MAY	<i>Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</i>	
#6 JUN	<i>Were entirely ready to have God remove all our defects of character.</i>	
#7 JUL	<i>Humbly asked him to remove our shortcomings.</i>	<u>LOVING WORKS</u> Lights of love and faith
#8 AUG	<i>Made a list of all the persons we had harmed and became willing to make amends to them all.</i>	
#9 SEP	<i>Made direct amends to such people whenever possible, except when to do so would injure them or others.</i>	<u>TRUTHFUL SPEAKING</u> Speak with conviction. Really start to live
#10 OCT	<i>Continued to take personal inventory, and when we were wrong, promptly admitted it.</i>	
#11 NOV	<i>Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of his will for us and the power to carry it out.</i>	<u>SPIRITUAL PERSON</u> Act with conviction and love.. Find pleasure in acts of kindness. We become spiritual. Inner battle between love and selfishness still exist, but love always wins
#12 DEC	<i>Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.</i>	<u>HEAVENLY PERSON.</u> Live by love inside and out. End of inner conflict