

TWELVE TRADITIONS

- 1 Our Common welfare should come first; personal recovery depends upon A.A. unity.
- 2 For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3 The only requirement for A.A. membership is a desire to stop drinking.
- 4 Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- 5 Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- 6 An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7 Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8 Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9 A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10 Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- 12 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

God, Grant me the SERENITY to accept the things I CANNOT change, courage to change the things that I can and the WISDOM to know the difference.



CHRIST THE TRUE VINE

At St. Nicholas Cathedral, we care about you. We want to help you find the resources that will relieve the pain of addiction or co-addiction. That is why we have created this brochure and created a ministry to answer questions. We want to support you.



CHRIST THE TRUE VINE

Addictions Recovery Support Network Ministry

At St. Nicholas Cathedral, we care about you. We want to help you find resources that will relieve the pain of addiction or co-addiction. This is why we have created this brochure and created the Addictions Recovery Support Network Ministry (ARSN).

The ARSN Ministry recognizes Science-Counseling, 12 Steps and 12 Traditions Recovery Programs and Religion as separate entities. The ARSN Ministry also recognizes that these entities are bridgeable and compatible when it comes to achieving and maintaining relief from addiction or co-addiction.

The ARSN Ministry is not a 12 Step and 12 Traditions program. ARSN is a Ministry that meets once a month on Zoom. We offer a place for you to meet others who are recovering from an addiction or co-addiction. It is a place to learn more about addiction or co-addiction. A community that gives and receives support to those of us who are looking for or have found freedom from the pain of active addiction or co-addiction.

WHAT IS A 12 STEPS AND 12 TRADITIONS PROGRAM?

In 1939 two alcoholics worked together to hammer out a “program of recovery”. That hammering out process, by God’s grace created the 12 Steps and 12 Traditions which when applied as directed aids an individual to “stay stopped” from drinking, using or acting out. This is because stopping is not the problem; staying stopped is the problem. The solution the founders of AA hit upon is free. Each person diagnoses themselves. Each individual either takes up the work of staying sober or not. If an individual relapses they are always welcomed back. Key to recovery is learning to apply the principles of the Steps and Traditions in 24 hour segments; “One Day at A Time.” **HOW** the program works is by utilizing **H**onesty, keeping an **O**pen mind, and by being **W**illing to apply the suggestions offered by the program of recovery.

IS A 12 & 12 PROGRAM COMPATIBLE WITH ORTHODOXY?

As an Orthodox Christian it is important to be aware of the fact that there are a multitude of Support Groups/Recovery Programs to choose from when it comes to help and support for an addiction or co- addiction.

We have investigated the various choices and found that any 12 Steps and *12 Traditions* recovery program is compatible with Orthodoxy. This is true as long as that program has requested and received permission to use A.A.’s 12 Steps and 12 Traditions in an adapted form for their specific malady. Why is this important? Because not all recovery programs are compatible with Orthodoxy. We will be happy to share with you our personal experiences, and help you to better understand the crucial difference between highly effective 12 Steps and 12 Traditions Programs and other approaches.

SCIENCE-COUSELING

The ARSN Ministry suggests when seeking professional help for addiction or co-addiction that you consider looking for a therapist or doctor who is specifically trained in addiction counseling or addiction medicine. Feel free to ask your therapist or doctor if they are trained in this specific field.

ST. NICHOLAS ADDICTIONS RECOVERY SUPPORT NETWORK

Another free resource is the St. Nicholas Addictions Recovery Support Network (ARSN) Ministry.

This support group meets on Zoom once a month to:

- Talk about addiction; substances, behaviors and co-dependency.
- Discuss a topic related to recovery. All who join are invited to speak to the topic at hand or voice a question, comment or concern regarding recovery.
- Delineate between Science-Counseling, 12 Steps and 12 Traditions Recovery Programs and Religion to demonstrate that while these are separate categories, they may be bridged to support addicted individuals and their families.

ARSN meets on the last Monday of the month from 7:00 to 8:15 PM ET. During the ARSN meeting you will hear the “experience, strength and hope” from individuals in recovery from different addictions or co-addictions. It is also a place where you can ask questions.

**The ARSN Zoom Meeting:
ID number: 210 068 7480
Password: 208156**

Samantha Cath (in recovery) coordinates the ARSN meetings. Feel free to call her or Father George with questions about recovery choices and/or the ARSN ministry.

FATHER GEORGE (703) 801-9911
SAMANTHA CATH (703) 919- 6334

TWELVE STEPS

- 1 We admitted we were powerless over alcohol – that our lives had become unmanageable.
- 2 Came to believe that a Power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4 Made a searching and fearless moral inventory of ourselves.
- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6 Were entirely ready to have God remove all these defects of character.
- 7 Humbly asked Him to remove our shortcomings.
- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 Made direct amends to such people whenever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory and when we were wrong promptly admitted it.
- 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.
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in our affairs.