



Community of St. Helen
 1600 Rahway Avenue
 Westfield, NJ 07090



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Twelve

Twelve is support group at St Helen held on Monday night for those who are suffering with the struggles of a family member or other loved one afflicted with an addiction of any kind (drug or alcohol dependency, gambling, pornography, etc.). This group is for parents, spouses, siblings, adult children and friends, and is anonymous.

We hope you will find in the loving support of others gathered here a sanctuary where you can come to share your struggles and to find inspiration and hope from others who have suffered the same hardships as you.

Those of us who started this meeting have for what seems like an eternity lived with the struggles of a family member suffering from their addiction and its impact on us individually and as a family. Because we found great comfort in Al-Anon, we urge you to attend AA, GA, NA, Al-Anon Nar-Anon and similar meetings as you can.

However, what's unique about this Monday night meeting is that we ask each attendee to demonstrate a willingness to be open to the possibility that God is the doorway to recovery.

Also those of us who have lived with a loved one who suffers from an addiction understand as few others can the struggles we face in dealing with this insidious disease. We too felt alone and frustrated, but found in these support groups that no situation is really hopeless, and that it is possible for us to find peace and serenity whether our loved one is using or not.

We urge you to try our program. It has helped many of us find serenity and we promise it can help you find it too if you keep coming back.

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**Monday evenings 7:30 – 8:30 PM
For information call 908-232-1189**

**Confidentiality respected
Twelve Steps of Alcoholics Anonymous**

The Twelve Steps of Alcoholics Anonymous apply to any addiction. Just substitute his or her addiction with the word alcohol and apply the 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 wherever 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 others, and to practice these principles in all our affairs.

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