

## *Answers to Frequently Asked Questions*

**Serenity Groups** were not designed to take the place of any other recovery program.

**Serenity Groups** can supplement or introduce people to current Twelve Steps recovery programs.

Every **Serenity Group** is totally independent and can freely use or modify **Serenity Groups** materials to meet their needs. No **Serenity Group** will be exactly alike.

What sets **Serenity Groups** apart from some other programs?

1. We include a brief discussion of a Bible verse in the context of one of the 12 Steps and what will help us with our lives or problems.

2. In addition to praying **The Serenity Prayer** and **The Lord's Prayer** in our meetings, we pray for each other, others, and report answers to our prayers in the meeting. Praying can be silent or aloud: it is up to the individual (no pressure is put on anyone to pray).

3. We do talk about God and Jesus Christ in our meetings, but we remain open to hearing from anyone attending the meetings, so we can help others as we have been helped. The program is inclusive in that sense.

4. As with AA, **Serenity Groups** were designed to be a program of attraction, not promotion, and stuffing truth is not attractive. The material offered freely on the website at [SerenityGroups.org](http://SerenityGroups.org) can be used in a variety of ways by a variety of groups, so we can only speak of the group we help facilitate. Others may take a different approach.

Usually, we read one of the short devotional readings from [Prayer Steps to Serenity the Twelve Steps Journey: New Serenity Prayer Edition](#) and discuss the reading, but no one needs to have their own copy of the book. This new edition has 12 new readings on **The Serenity Prayer** and ties each part of **The Serenity Prayer** to each of the **12 Steps**. The abridged edition [Prayer Steps to Serenity: Daily Quiet Time Edition](#) is just to introduce people to the 12 Steps in a very simple and non-threatening way or serve as a Bible Study and devotional that is keyed to abridged versions of the 12 Steps.

We have been revising and improving our meeting format over the years. Eventually, these changes will appear as alternative meeting guides on the **Serenity Groups** website. All free materials on the **Serenity Groups** website are provided for anyone to use or edit to meet their needs or their group's needs.

**Serenity Groups** meetings are open to individuals, couples, families, and other caregivers. For example, one can be in AA and the other can be in Al-Anon, which works for some and not for others. Also, we have had and still have people coming to our meetings who regularly attend AA and Al-Anon, OA, NA, and who are looking for GA and Gam-Anon meetings near their homes.