



1st Step Meeting

*“We admitted we were powerless
to overcome our weaknesses—
that our lives
had become unmanageable.”*
—The First Step

*Serenity Groups
offer support, strength,
and opportunities for
spiritual growth to
those suffering from any
addiction, compulsion,
disease or weakness, as
well as their loved ones
and care givers.*

The Serenity Prayer

*“God, grant me the Serenity to accept the things I cannot change,
the Courage to change the things I can, and the Wisdom to know the
difference.”*

Welcome to Our Meeting

Remember: “What’s said in the meeting stays in the meeting.” You never need to tell us why you are here; nor should you be asked, while in a meeting, why you are attending. Feel free to maintain your anonymity and confidentiality, for our Program is only a supplement to traditional 12 Steps Programs and we encourage you to attend other recovery Programs too. Our meetings maintain a compassionate and nonjudgmental attitude toward others. Our desire is to help others as we have been helped. Our meetings begin with a Moment of Silence to focus our minds on the purpose of the meeting. The meeting facilitator will then lead us in praying The Serenity Prayer in unison.

The 1st Tradition
“Serenity Groups offer everyone the opportunity to keep their addictions, compulsions, difficulties, problems, or weaknesses completely confidential. As you take The Twelve Steps Journey, ‘it can remain between you and God.’ The first principle of Serenity Groups is ‘If it’s private, you can keep it private.’”

Our Meeting Today

A Moment of Silence
The Serenity Prayer
The First Tradition

Briefly discuss the meaning and purpose of this tradition.

The First Step

*Take a moment for quiet meditation.
Discuss what this Step says to you.*

The Scriptures and the First Step

*Take a moment for quiet meditation.
Discuss what the Scripture text says about this Step.*

Scripture Text

Isaiah 30:18

*“Yet the LORD longs
to be gracious to you;
he rises to show you
compassion. For the
LORD is a God of
justice. Blessed are all
who wait for him!”*

Prayer Steps to Serenity

*Read **Prayer Steps to Serenity** Pages 29-31*

Take a moment for quiet meditation.

Discuss the Reading. Use the Questions Below

Why do you think this Step may be difficult to take?

What do you think the greatest benefit from taking this Step will be?

How will taking this Step help others as well as the one taking the Step?

How will taking the Step get you further along on your journey?

Why do you think this Step will help someone find and maintain serenity?

How will prayer help someone taking this Step?

What is the most important thing you learned in today's meeting?

What questions or problems would you like to share with the group today?

Answers to Prayer

What answers to prayer have you received this week for which to thank God?

Prayer Requests

Write down any prayer requests and include them in your prayers for this week.

*Without the permission of the person sharing the request,
please do not share these requests outside of the group meeting.*

Moment of Silence and The Lord's Prayer

Anyone in today's meeting may pray out loud or silently as we conclude our meeting.

The meeting facilitator will close by leading the group in The Lord's Prayer.

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Visit www.SerenityGroups.org for up-to-date information on Serenity Groups.