



## 1<sup>st</sup> 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.”*

### *The 1<sup>st</sup> 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.’”*

## 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.

### **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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