

## **Some favorite 12 Step readings**

Here are a few favorite readings out of the Big Book. There are many more, and others that appear in the 12 and 12. You can easily find more samples.

### **Acceptance Paragraph**

Acceptance is the answer to *all* my problems today. When I am disturbed it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism I could not stay sober; unless I accept life completely on life's terms I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what need to be changed in me and in my attitudes.

### **The Promises**

If we are painstaking about this phase of our development we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can help others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

### **from Appendix II – Spiritual Experience**

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation.”

-- Herbert Spencer

## **The Great Fact**

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of as you trudge the Road of Happy Destiny.

May God bless you and keep you – until then.