



The Twelve

A Virtual 12-step Support Group

For Journey to Wholeness Facilitators



About

This is a closed 12-step recovery group for Journey to Wholeness Facilitators. You are eligible to join this group if you have received training by an approved program, or are currently undergoing the training to become a JTW Facilitator.

The purpose of this group is:

- to gain practical experience using the Journey to Wholeness material
- to receive peer support by others who are Journey to Wholeness facilitators
- to grow in our own personal journey of becoming Christ-like servants and heirs of God's kingdom

The formation of small companies as a basis of Christian effort has been presented to me by One who cannot err. If there is a large number in the church, let the members be formed into small companies, to work not only for the church members, but for unbelievers. If in one place there are only two or three who know the truth, let them form themselves into a band of workers. Let them keep their bond of union unbroken, pressing together in love and unity, encouraging one another to advance, each gaining courage and strength from the assistance of the others. Let them reveal Christlike forbearance and patience, speaking no hasty words, using the talent of speech to build one another up in the most holy faith. Let them labor in Christlike love for those outside the fold, forgetting self in their endeavor to help others.

Testimonies to the Church, Volume 7, p 21



Our Code

1. This group is to be a confidential and safe place. What is said here or heard here remains here, and meetings are not recorded. The only exception is if anyone threatens to hurt themselves or others, in which case the facilitator has the responsibility to report it to the group leader. A culture of trust is a must!
2. Talk only about yourself, and your own thoughts and feelings. Stick to “I” or “me” statements, not “you” or “we” statements.
3. In Participation, we try not to intellectualize or preach, share our strength, hope and experience to the best of our ability.
4. Because connection is key to successful recovery, we ask that each participant turn on their video cameras whenever possible during meetings.
5. Do not interrupt someone else’s sharing. Use the “mute all” feature and only unmute people when it’s their turn to speak
6. If you wish to speak, raise your hand to be recognized by the leader. Use Zoom’s “Raise Hand” feature - or use traditional “Raise Hand”.
7. Limit sharing so all can have time to share. Divide the time available equally between the number of people present. Have one person volunteer to be timer or display a timer on the screen.
8. No Cross-talk please! Cross-talk is when individuals engage in conversations that exclude others in the group. It can also include interrupting others while they are speaking.
 - Do not make comments or give opinions about what other people share
 - Do not give advice to others or divert the conversation to talking about your own experience
 - Do not sermonize
9. We are here to support one another, not “fix” each other. In this group, we do not act as licensed counselors, psychologists, or therapists.
10. No foul language. Offensive language has no place in a Christ-centered recovery group, this includes using the Lord’s name inappropriately. We also avoid graphic descriptions. If anyone feels uncomfortable with how explicitly a speaker is sharing regarding his/her behaviors, then you may indicate so by simply raising your hand.



Serenity Prayer

By Reinhold Niebuhr

**God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.**

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make all things right
if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.





How It Works

Adapted from *Alcoholic Anonymous*, Chapter 5 "How It Works"

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and woman who are constitutionally incapable of being honest with themselves....They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided that you want what we have and are willing to go to any length to get it - then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with [compulsions, obsessions and addictions] - cunning, baffling, and powerful! Without help it is too much for us. But there is One who has all the Power - that one is God.

Half measures availed us nothing. Our best efforts got us to this place. We stood at a turning point. We asked His protection and care with complete abandon. The steps we took were the Twelve Steps. . . Note the power of the very words.



The Twelve Steps

- Step One** We admitted we were powerless over our compulsions, obsessions and addictions, and that our lives had become unmanageable.
- Step Two** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step Three** Made a decision to turn our will and our lives over to the care of God.
- Step Four** Made a fearless and searching moral inventory of ourselves.
- Step Five** Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- Step Six** Were entirely ready to have God remove all these defects of character.
- Step Seven** Humbly asked Him to remove our shortcomings.
- Step Eight** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step Nine** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step Ten** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step Eleven** Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.
- Step Twelve** 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.

Welcome



We welcome you to the *Journey to Wholeness* and hope you find in this fellowship the help and friendship we have been privileged to enjoy. We who live or have lived with the problems of dependency understand as perhaps few others can. We, too, were lonely, frustrated and isolated, but in recovery we discover that no situation is really hopeless, and that it is possible for us to find contentment and even happiness, whether our friends or family ever join us on this journey or not.

We are a fellowship of people who found we were powerless over our compulsions, obsessions and addictions and those of our friends and family. We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply recovery principles and ideas. Without such spiritual help, living with our own addictions or those of our loved ones is too much for most of us. Our thinking becomes distorted by trying to force solutions and we become irritable and unreasonable without knowing it.

This program of personal and spiritual recovery is based on the 12 Steps, which we try little by little, one day at a time, to apply to our lives, along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of devotional material and the Bible thus makes us ready to receive the priceless gift of serenity.

The Journey to Wholeness is an anonymous fellowship. Everything that is said here, in the group meeting and member to member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another on our journey to wholeness.



The Lord's Prayer

Matthew 6:9-13, King James Version

Our Father which art in heaven,
Hallowed be thy name.

Thy kingdom come,
Thy will be done in earth,
as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil:

For thine is the kingdom,
and the power, and the glory,
for ever.

Amen.



Keep coming back!

It works

If you work it.

So work it —

You're worth it!