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- 1 Tomorrow, 12th May, is the anniversary in 1935 of the start of “Alcoholics Anonymous”. Two men in New York began to support each other to stay sober. “Alcoholics Anonymous” - or “A.A.”, as it is often known - has small group meetings in many towns each week. Those who feel they have a drink problem are welcome to attend group meetings, where everyone is anonymous. No one is ever charged money to attend. Members encourage and support one another to live a day at a time.
 - 2 A.A. has “*12 Steps for Recovery*” from alcoholism. Some people who don’t have alcohol problems still find A.A.’s 12 “*Steps for Recovery*” to be a good guide when times are difficult. The ‘12 Steps’ include the following:
 - 3 - Realising and admitting that I am powerless over my problem, and have made a mess of my life;
 - 4 - believing that only a Power greater than myself can make me better, so handing my life over to God’s care;
 - 5 - taking responsibility for what has gone wrong in the past, and admitting my mistakes to God and to one other person;
 - 6 - asking God to remove my inner problems of character, and bring me healing.
 - 7 *We’ll use as our prayer today some words used every day by A.A. members. This prayer is often said together at their group meetings. Let us pray:*
 - 8 **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.
Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org