

Step 11, Group 1

**We pray and think about ourselves,
praying only for the strength to do what is right**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

Step 6 Calls us to Willingness

Step 7 Calls us to Humility.

Step 8 Calls us to Forgiveness.

Step 9 Calls us to Justice.

Step 10 Calls us to Perseverance.

Step 11 Calls us to SPIRITUAL AWARENESS.

Step 11 asks you to blend or integrate all of the previous Steps into your life.

- This step encourages people to reach out to the Creator and accept the fact that the Creator (our Higher Power) has a plan for our life – in other words – there is PURPOSE – there are no mistakes.

“He who has a WHY to live,
Can bear with any HOW.”

What does this mean?

Spiritual Awareness implies a life of attentiveness to the world around us.

- This attentiveness can be in many different forms:
 - Prayer
 - Meditation
 - Quiet Times
 - Walk in the woods

- Sitting and thinking by the river
 - Listening to a bird sing
 - Watching new life being born
 - Marveling at a beautiful butterfly
 - Admiring the beautiful colors of a trout
 - Enjoying a hot cup of coffee all by yourself
 - Being on your knees
- Etc.....

What activity/place, etc. would help you to get into a space of calmness and awareness of the world around you?

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Step 11, Group 2

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Step 11 Calls us to SPIRITUAL AWARENESS.

Native peoples have always been People of Prayer. In the old ways, the people prayed :

- when the sun came up (mornings)
- when planting seed
- when harvesting herbs for medicine
- when planting/harvesting vegetables
- before sharing a meal
- when taking an animal for food
- at most gatherings (an elder will pray)
- before games (basketball, etc.)
- before journeys/trips
- when the sun goes down (evenings)

Step 11 is all about reawakening our natural gift of prayer and using it for:

- Sobriety
- Recovery
- Good decision making

Guidelines for Morning Prayer and Meditation:

1. Ask the Creator to direct my thinking today
2. Ask the Creator to keep me from feeling self-pity
3. Ask the Creator to keep me from being dishonest with myself
4. Ask the Creator to keep me from having self-seeking motives (what's in it for me)
5. Ask the Creator for inspiration when I am not sure what to do or struggle with choices
6. Do not ask for anything for myself – unless it will benefit/help others too
7. Pray to be shown what the next step will be for you
8. During the day, when I become doubtful, ask for wisdom-guidance for right thoughts or actions.

Guidelines for Evening Prayer and Meditation: Ask yourself:

1. Was I resentful today?
2. Was I selfish today?
3. Was I dishonest today?
4. Was I afraid today?
5. Do I owe anyone an apology?
6. Do I need to discuss anything with anyone – something that I have been holding inside?
7. Was I kind to everyone?
8. Was I loving to all?
9. Could I have done anything better today?
10. Was I thinking only of myself today?
11. Was I thinking of what I could do for others today?
12. Did I ask the Creator's forgiveness?
13. Did I ask what I can do to make amends?

Step 11, Group 3

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Step 11 Calls us to SPIRITUAL AWARENESS.

Last group we talked about how “spiritual awareness” and connection with the “Creator” was traditionally an essential part of being an Apache.

What is the difference between PRAYER and MEDITATION?

Prayer – is communicating (talking) with your Higher Power.

Meditation - is communicating (listening) to your Higher Power.

WHAT IS THE DIFFERENCE?

Let’s “mind-map” Spiritual Awareness

Spiritual Awareness

A **“barrier”** is something that gets in your way. What gets in your way that prevents you from being “spiritually aware?”

Check and talk with peers about the barriers you feel you have to spiritual awareness:

- Too busy
- Too tired
- Too lazy
- Too used to having things your way
- Too much self importance
- Don't care
- Too unfocused
- Too distracted
- Ego?
- Don' need help?
- Too independent.
- Too proud?
- Something else? Write it down and share with peers:

What 1 thing would YOU ask your Higher Power for to make your life happier/more content/peaceful/fulfilling? Share with group.

Ticket Group 1

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Introduced Step 11 of the 12 Steps of AA.

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Shared how this Step calls us to ongoing “spiritual awareness.” Talked/processed what spiritual awareness means and how this might look in our lives. Talked about the quote from Victor Frankl: “He who has a why to live, can bear with any how.” Related how knowing and understanding the “purpose” in our lives helps us to remain spiritually aware at all times as we face the barriers and challenges – particularly with ongoing sobriety. Group members discussed/shared their personal awareness of their “why” and how this helps them stay focused and walking in sobriety. Good group sharing/discussion.

Plan:

- Continue study/reflection and improved understanding of the meaning of Step 11 of the 12 Steps of AA.
- Continue groups support of sobriety and positive interactions.

Individual Note:

Client willing to share and reflect with peers. Shy at times, but with invitation will try.

Ticket Group 2

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Continued discussion of Step 11 of the 12 Steps of AA:

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Discussed/processed the positive way that Native peoples have always been people of prayer. Talked about the many times during the normal day their elders pray. Talked about the nature of prayer and the need to move toward more mature “prayer” rather than the typical “gimmie” prayer most are used to. Processed that a key component of sobriety is to achieve spiritual awareness throughout our day, whether in thought, feelings, or interactions with others. Clients offered their own experience in their personal “spiritual awareness” now that they are sober – and how the nature of their prayer has changed with sobriety. Good group sharing and interactions.

Plan:

- Continue discussion of Step 11 of the 12 Steps of AA.
- Continue sobriety support and positive peer interactions.

Individual Note:

- Client participated actively in sharing with peers their own growing “spiritual awareness.” Willing to interact with peers.

Ticket Group 3

Welcomed Sobriety Circle clients this morning and opened session with the Serenity Prayer. Proceeded to review insights shared with last group regarding Spiritual Awareness. Invited group members to reflect on the difference between “prayer” and “meditation.” Discussed/processed how “prayer” is communicating (talking) with your Higher Power. Whereas “meditation” is communication (listening) to your Higher Power. Clients reflected on this difference and shared their own perspectives. Proceeded to talk about the “barriers” that sometimes get in the way of both prayer and meditation. Clients shared their own understanding of the “barriers” which limit their activity of wither listening or speaking with their Higher Power. Good group sharing.

Plan:

- Continue study and reflection of the 12 Steps of AA – with focus on Step 12.
- Continue encouraging self revealing and “risk taking”.

Individual Note:

Client very shy at times. Not comfortable sharing personal thoughts/feelings with peers. Often wants to “pass” rather than take the risk of relating to peers.

Ticke Group 3 Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Continued discussion of Step 11 of the 12 Steps of AA:

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Discussed/processed the positive way that Native peoples have always been people of prayer. Talked about the many times during the normal day their elders prayers. Talked about the nature of prayer and the need to move toward more mature “prayer” rather than the typical “gimmy” prayer most are used to. Processed that a key component of sobriety is to achieve spiritual awareness throughout our day, whether in thought, feelings, or interactions with others. Clients offered their own experience in their personal “spiritual awareness” now that they are sober – and how the nature of their prayer has changed with sobriety. Good group sharing and interactions. Discussed with client what they understand as their personal “barriers” to this self awareness and communication with the Creator.

Individual Note:

participated actively in sharing with peers their own growing “spiritual awareness.” Willing to interact with peers.

Plan:

- Continue discussion of Step 11 of the 12 Steps of AA.
- Continue sobriety support and positive peer interactions.