

Step 12, Group 1

**We try to help other alcoholics and to
practice these principles
in everything we do.**

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 12 Calls us to SERVICE

A Story:

Once upon a time, long ago, in Apache land there was a forest of many trees, bushes, plants, and animals. There were men and women and children and babies and grandmothers and grandfathers and uncles and aunties and cousins.

The forest was very diverse and was once beautiful and plentiful. A bad wind came in though and made the forest very sick. Some of the trees, bushes, plants, animals and people even died.

One night however, under the cover of darkness, a few of the trees left the forest to go to a nursery (healing center) where they hoped to get well from the sickness that was all over the forest.

They were given vitamins and medicines of all kinds. They were given good food and treated with great respect. They began to feel better and their sickness went

away. Soon they went back to the forest because it was their home. Before long, no matter how hard they tried, they became sick. They took on the sickness of the forest once again.

Explanation:

As Native Peoples, we understand that it is not enough just to heal a tree – we must work together to heal the whole forest. In recovery, we need to look at the whole family, community and tribe.

Step 12 calls us to help heal:

- The whole forest
- Our whole family
- Our whole community
- Our whole tribe

Just like all the trees, bushes, plants, and animals, men and women and children and babies and grandmothers and grandfathers and uncles and aunties and cousins are all CONNECTED and INTERCONNECTED so ALL must be part of the healing process.

What do you think this means? (Discuss)

Step 12, Group 2

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**What does it mean to “give back” to provide “service – to help others heal?
(Discuss)**

When we were active in our addiction we carried backpacks filled with:

- Anger
- Hate
- Resentment
- Selfishness
- Self pity
- Disrespect
- Self Neglect
- Shame
- Guilt
- Loneliness

Draw the Back Pack you carried:

As part of our healing process we now carry new backpacks filled with:

- Solutions to problems
- Love-based thought system
- Values that move us toward a life of harmony and balance

Draw your new Back Pack:

It is important not to just TALK about what you:

- Want to do
- Should do
- Could do
- Will do someday

Exactly HOW can you “Give Back” or provide Service to the People? List These:

Ask yourself – Do I really believe this? Am I willing to walk the walk?

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Let's "mind-map" service or giving back:

SERVICE – Giving Back

Step 12, Group 3

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Mandella's have been around for a very long time.

- It is hard to say where or even exactly when they started.
- It is generally believed that the concept spread through intertribal trading and marriage.

Native American Mandella's were not intended as physical protection.

- They were a spiritual protection
- A means of identifying the "essence" of a person.

Mandella were usually constructed by a Elders with information gleamed from a vision quest, prophetic dream, or sacred sign.

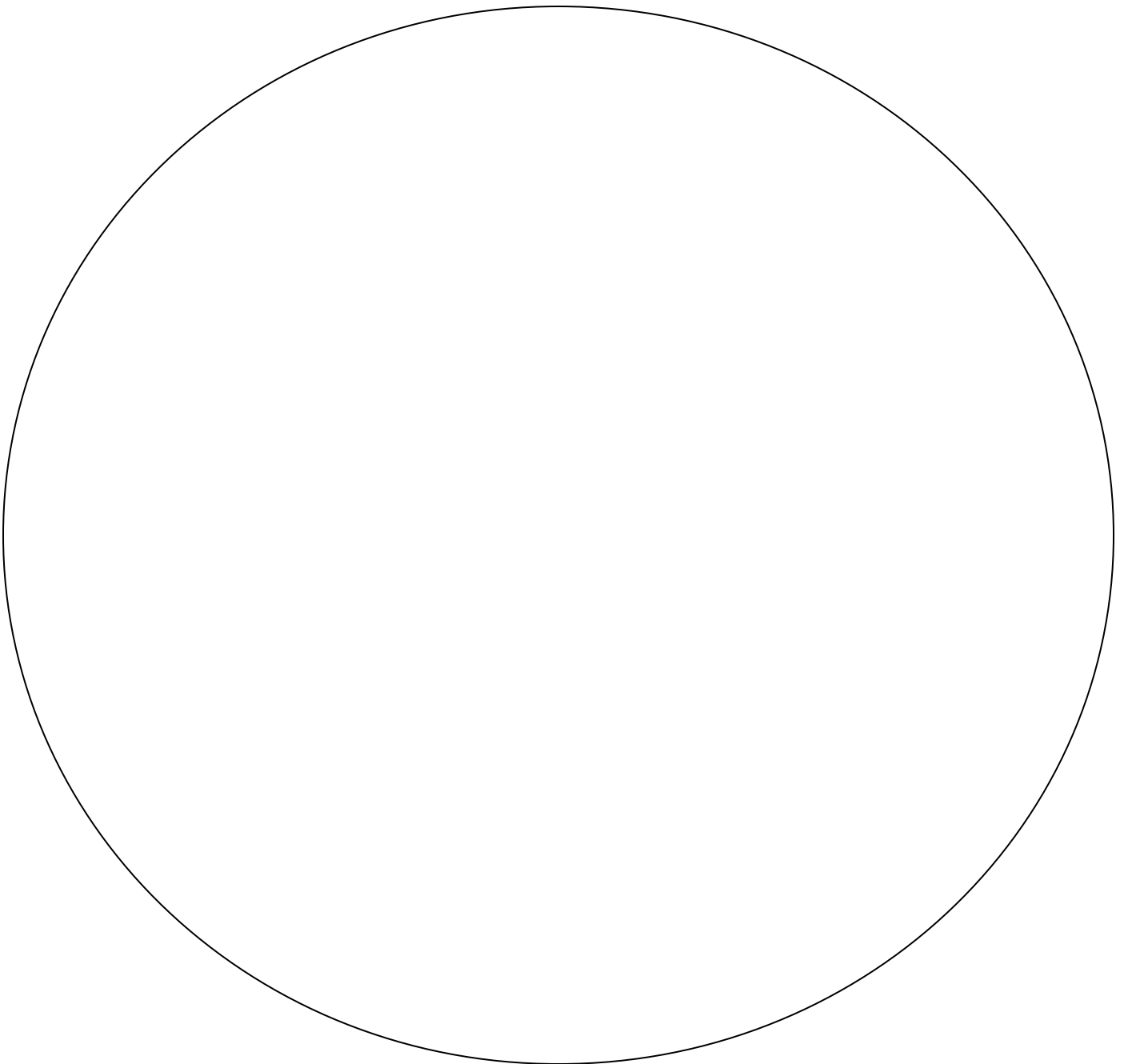
- After it was made, it was carried as a means of identify.
- It would be hung on the lodge door or rested on a tripod near the bearer.
- Each tribe had its own symbols and colors that along with the materials used told much about the person.
- It is believed that the Mandella are a symbol of good medicine.
 - o To have one will bring health, prosperity and happiness.
 - o Mandellas are also used a a focal point in prayer.

There are many mandella's in our community- do we recognize them?:

- **Tribal Seal**
- **AA Seal**

Draw your own Mandella which represents:

- **The YOUR 12 Steps**
- **Your Prayer focus**
- **Your Sobriety journey**
- **Your Spiritual quest**



Group 1 Ticket

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

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Explained/discussed how Step 12 calls us to “service.” Group discussed what “service” means to them and how this might look in their lives. Explained through a story how it is not enough just to heal the individual – we must work together to heal the whole community. In recovery, we need to look at the whole family, community, and tribe. Discusses/processed with group how difficult it is to maintain healthy living (sobriety) when everyone else is abusing substances. Good group discussion.

Plan:

- Continue group discussion/process of the meaning of Step 12 and how this might look in our lives.
- Continue peer sobriety support and encouragement.

Individual Note:

attentive and interactive with peers. Shy at times but willing to try.

Ticket Group 2

Welcomed Sobriety Circle clients this morning and opened session with the Serenity Prayer. Proceeded to review Step 12 of the 12 Steps of AA:

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Discussed/processed what it means to “give back” or to provide “service.” Discussed how when we are active in our addictions often we carry around considerable anger, hate, resentment, selfishness, guilt, shame, etc. Clients were invited to illustrate via drawing those burdensome feelings they carried. Talked about how with sobriety we carry new baggage (positive thought systems, positive values, solutions to life’s problems.) Clients were asked to be specific in how they could “give back”. Used Mind-Mapping to engage all clients to contribute to group work. Good group sharing.

Plan:

- Continue focus on Step 12 of the 12 Steps of AA for better understanding and integration into life.
- Continue positive peer interactions and support.

Individual Note:

Client attentive and interactive with peers. Seemed engaged in group work.

Ticket Group 3

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

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Today's focus discussion/process is around the concept of a "Mandella" to symbolize personal identity and journey. Clients were invited to draw/color their own "mandella" to represent their 12 Step Journey, prayer focus, spiritual quest. Clients then shared their "mandella" with peers.

Individual Note:

Client seemed to enjoy today/s artistic exercise and was relaxed when explaining personal "mandella" to group.

Plan:

- Continue positive peer support and encouragement.
- Continue positive sobriety management.