

## **Our Purpose**

The purpose of 12 Step Outreach is to support one another in the process of Spiritual transformation through the practice of Centering Prayer.

## **Our Mission**

We are 12 Step people who practice Centering Prayer as our 11<sup>th</sup> Step and pass it on to others in 12 Step recovery.

## **Our Vision**

The vision of 12-Step Outreach is to pass on the gift of Centering Prayer and related spiritual practices to improve our conscious contact with a God of our understanding, wherever there is a desire for deeper spiritual healing from anyone in 12-Step recovery.

## **Our Web Site**

**[www.cp12stepoutreach.org](http://www.cp12stepoutreach.org)**

## **The Original Twelve Steps**

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.