

“Dedicated to all those who have found healing through the Spiritual Journey of this 12-Step Program and who continue to choose to share their experience, strength and hope with those yet searching..”

**About this program:**

“Our belief is that Scripture and the Twelve Steps are important healing tools. Our intention is to carry the message of the Twelve Steps and Christ’s love to all hurting people: that healing is possible. To some degree, everyone can experience freedom from the damaging effects of a less-than nurturing environment. As our wounds heal, we become functional members of the community.

*The Emotional Support Group*

*Meets at*

*Calvary-Fellowship A.M.E. Church*

*Pastor Joseph Walston, MDiv*

*790 Herkimer Street/Corner of Rochester Ave; Brooklyn, N.Y. 11213*

*(718-467-0987)*

*Meetings held every 2nd & 4th Saturdays of the month from 10 am-*

*11:30 am*

**The Twelve Steps– A Spiritual Journey**

- Step 1-To recognize our brokenness
- Step 2-To birth the Faith within us.
- Step 3 -Make a decision to Let Go and Let God
- Step 4– To self -help and self -examine ourselves
- Step 5-To develop a discipline of confession
- Step 6– To develop inner transformation
- Step 7– To develop strength of character
- Step 8 –To examine past/present relationships
- Step 9– To make amends to those we have hurt
- Step 10– To maintain spiritual progress
- Step 11-To learn to pray & meditate
- Step 12\* to carry the message
- Step 12-To carry the message to others

**Guiding Reference**

*We use: The Twelve Steps: A Spiritual Journey; A working Guide for Healing Damaged Emotions; Revised Edition; Based on Biblical Teachings c. 1988, 1994, RPI Publishing Inc. You will want to own a copy of this book to record your inner most feelings and emotional and spiritual progress. The cost of the book is \$15.00. and can be purchased from Amazon.com or any Barnes and Noble Book store. There is no charge to attend the meetings/workshops. However, we are self- supporting from our own contributions. We pass “the hat.”*

**The Serenity Prayer**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to your will; so that I may be reasonable happy in this life and supremely happy with you forever in the next. Amen-

Reinhold Niebuhr

**Prayer of Saint Francis of Assisi**

Lord make me an instrument of your peace! Where there is hatred-let me sow love; Where there is injury-pardon; Where there is doubt-faith; Where there is despair-hope; Where there is darkness-light; Where there is sadness-joy; O Divine Master, grant that I may not so much seek to be consoled-as to console; To be loved-as to love for It is in giving-that we receive; It is in pardoning-that we are pardoned; It is in dying-that we are born to eternal life. Amen.