

**Our Life Recovery is enhanced when we begin with Spirituality as the center of our program of recovery.**

Spirituality is a deeply personal and individualized response to God, a higher power or an animating force in the world. Interviews with recovering individuals have shown a positive connection between their relationship with God, or Spirituality and their recovery.

### **How has Life Recovery Impacted your Spirituality ?**

It's gone from not believing, to saying prayers, to talking to God, not just about problems I am having. The only time, when I was drinking, when I would talk to God was "Please don't let me die", because I drank so much. Now that is not the case. Things always come up and I ask for help but at the same time I can also thank God for making a good day happen too. So it's working both ways.

***Ed "44" Caucasian Male***

#### **The Judiciary**

"It has been our experience in the Family Drug Court that a large percentage of our clients have a strong spiritual component to their Life Recovery"

***Circuit Judge John Parnham, Florida***

### **How has Recovery Impacted Your Belief in God ?**

Being in recovery has changed the way I see God. I came into recovery with a God, but it was a punishing, vengeful, and unforgiving God. I had done so many things... I knew were ungodly, that I thought for sure I was going to Hell.

When I came into recovery I found a new God. I found a God that was loving, forgiving, understanding and responsive to the need that I have. In retrospect, I can see that God has been with me all the time.

***Craig "44", African American Male***

#### **Meet the Facilitator !!!**

Michael K. Peacock is a former Medic with the US Army and an Alcoholic who is in Life Recovery.

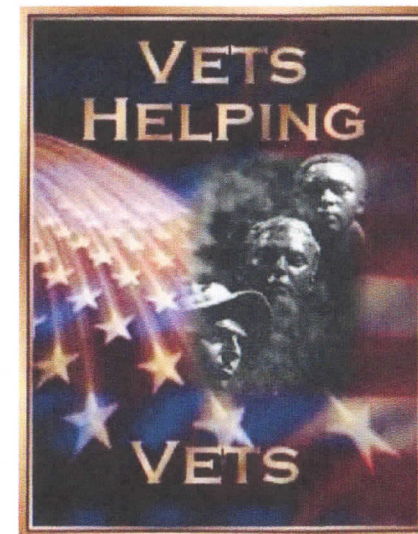
After spending 5 years homeless in Hawaii he received new direction for his life via the legal system and has come out of that experience with a better understanding of himself, and a stronger connection to his own God.

Today Mike has become Certified as a Peer Support Technician and seeks to carry a message of hope to Veterans and Service Members locally and Nationally.

**Visit his website [www.hawaiivet2vet.com](http://www.hawaiivet2vet.com)  
Phone 808-486-0902**

# **Life Recovery Support Meeting**

***Tripler Army Medical  
Center Chapel  
Thursday @ 1700 Hrs.***



***Connecting  
the Components  
of Recovery  
from the Inside***

***A 12 Step Recovery Program  
Facilitated by Veterans who are in  
Life Recovery***



## Twelve Steps of Alcoholics Anonymous

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 a 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 the 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.

## Quotes from the AA Big Book

...you may be suffering from an illness which only a spiritual experience will conquer.

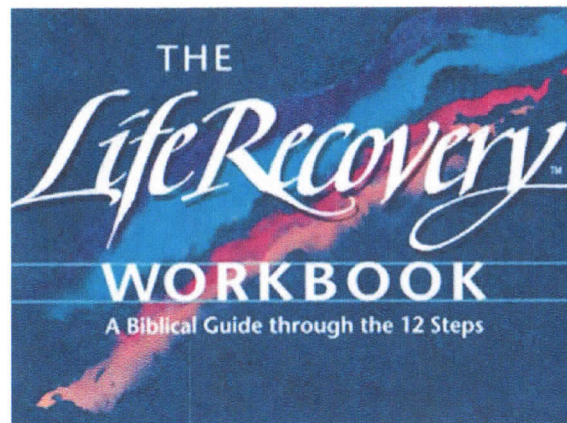
As soon as I regained my ability to think, I went carefully over that evening in Washington. Not only had I been off guard, I had made no fight whatever against that first drink. This time I had not thought of the consequences at all.

Lack of power, that was the dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves.

that's exactly what this book is about...

Its main object is to enable you to find a Power greater than yourself which will solve your problem.

we have written a book which we believe to be spiritual as well as moral.



## Twelve Steps of Life Recovery

1. We admitted we were powerless over our problems and 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.
4. Made a searching a fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
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12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

...adapted with permission from "AA"