

Individually read the following story below, then answer the questions on the next 2 pages.

Hi, my name is Maura, and I'm an alcoholic. It has taken a lot for me to say that about myself. Getting through my first few meetings here was the hardest thing I've ever done. I remember thinking to myself. I don't need this. These people are nothing like me! But I needed someone to help me. I just couldn't stop drinking. It was affecting my life, relationships and health.

So, I continued to come here and listen to your stories. Soon, I learned your stories were a lot like my story. And all of you became the help I needed to get through the day. Now I have Maryann as my sponsor, and I'm really getting into the Twelve Steps. I admitted that I was powerless over alcohol. I am being honest with myself and others. I am also turning to God and to all of you to get me through this. So, I guess what I really want to say is this: thank you for being here for me. I hope one day I can help another kid like me.

With these words, Maura, fifteen years old, looked gratefully at the other Alcoholic Anonymous members sitting around her. She couldn't believe that six months had already passed since her last drink.

The organization Alcoholics Anonymous began in 1935 with a friendship between two alcoholics, William Griffith Wilson and Dr. Robert Holbrook Smith. They met at a time when they were both struggling to stay sober. By sharing stories of their struggles and encouraging each other to depend on God, they helped each other to overcome their addiction one day at a time. Soon Wilson and Smith began meeting with other alcoholics to help them to get sober too. Wilson and Smith shared their spiritual guidelines, which included: admitting they were powerless over alcohol, turning to God for help, examining their past behavior, making amends, telling the truth, and serving others. Eventually those spiritual guidelines developed into what is known as the Twelve Steps and their small gatherings grew into the larger organization known as Alcoholics Anonymous, or AA. Because AA protects its members' anonymity, Wilson and Smith were known for years as simply Bill W and Dr. Bob.

The group that Bill W and Dr. Bob began now has two million members worldwide. Members meet to pray together, share their stories and struggles, and work on following the Twelve Steps. Through their friendships, members help each other to cope with the difficulties of addiction. Several other organizations have grown out of AA to help people who have other kinds of addictions.



Using your device, or a computer, find and list the Twelve Steps of Alcoholics Anonymous. Beside each step, write out what you think each one means (use another sheet of paper if necessary).

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