

Whatever your problems, there are those among us who have had them too.



If you try to keep an open mind, you will find help.

You will come to realize there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

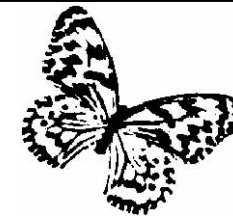
Take what you like and leave the rest.

The Twelve Promises

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain insight in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

The Twelve Steps of Guide For Living

1. We admitted we were powerless over certain areas of our lives - 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 contract 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 others and to practice these principles in all our affairs.



GUIDE FOR LIVING

12-Step Program

Home Office
P.O. Box 1204
Fort Collins, CO 80522
www.GuideForLiving.org



What is Guide for Living?

A coming together of people helping and encouraging each other by practicing the 12 steps and 12 traditions.

- Ordinary people working through ordinary problems
- Sharing in order to know ourselves better
- Realizing that we are not alone
- Learning that no situation is hopeless, no unhappiness too great to be lessened.

Guide for Living is for you if...

You feel an area of your life is weak, that you would like to improve and understand yourself better; or you like where you are but want to expand your awareness of what is going on around you.

Guide for Living is a spiritual program that accepts the idea that we are all dependent on a Higher Power for help in solving our problems and achieving peace of mind. An individual's religious beliefs are a personal matter, discussions in terms of any specific faith are avoided.

It's important to note that the Program does not require us to accept a traditional, religious concept of God. We are asked only to recognize a spiritual truth greater than ourselves. Then we must label it so we can talk about it, so we call it God or our Higher Power.

Guide for Living groups meet on a weekly basis. You may begin attending at any time.

MEETING LIST

Fort Collins:

Sunday 7:15 am
St. Thomas University Chapel
805 South Shields
(Back Room)

Tuesday 7:00 pm
St. Thomas University Chapel
805 South Shields
(Back Room)

Thursday 12 Noon
303 E. Mountain
(door east of bank, downstairs)

**For more information
from a GFL member,
call: 970-290-9391**

e-mail: "info@GuideForLiving.org"

Anonymity is fundamental to a Guide for Living community. Everything that is said in a meeting or member-to-member, is left there; not repeated, even if a member leaves the group. Freedom and trust are nurtured in the group by the agreement of anonymity.

GOD grant me
the SERENITY
to accept the things
I cannot change,
COURAGE to change
the things I can,
and WISDOM to know
the difference.

Each of us is the MOST IMPORTANT element of our PROGRAM. So welcome!

- Listen, hear, feel, think and share.
- Without giving advice, SHARE for the benefit of all who gather - who gather together for the support of EACH.