

Recovering in Unity

offered by Unity Church of San Antonio

Affirmative Serenity Prayer

By the Divine Power within me

I Am serenity accepting the things I cannot change;
I Am courage changing the things I can;
and I Am wisdom knowing the difference.

We Believe...

Welcome to *Recovering in Unity*, a pathway to recovering our true and Infinite Self. Wherever you are along your path, we welcome you to connect in community as we support one another's claiming of our unlimited Inner Power.

We believe the cause of all unhealthy habits, including addictions, is a sense of separation. Our natural state is Unity, or Oneness, which means we cannot be separate from our Source (aka Higher Power) or our Self (our true Divine Nature). However, we have learned to survive painful experiences by disconnecting from our Source and our Self, leading to habits that disconnect us from those who have loved and supported us. We have suffered from a sense of separation leading to and feeding fear, resentment, shame and guilt, along with a host of other feelings. Whatever compulsive and addictive behavior has resulted from our suffering, we share the same root cause and the same true desire for freedom.

Wherever you are along your path of recovery, we welcome you to study with us as we utilize the Twelve Step principles interpreted in light of our growing understanding of our true nature, which is One -- one with Source, one with Self, and therefore one with all. We lead with the agreement that the Source or Infinite Power is not outside of us but lies within and is our true nature. We identify ourselves with the spiritual attributes we have seen displayed in people we admire as spiritual leaders.

We believe that, when combined in an active program of recovery, the Twelve Steps and Unity principles can help us rediscover the inner strength and courage necessary to live fully and freely.

We subscribe to five Unity principles:

1. We believe there is one and only one true Power in all of life, expressed as Divine Life, Love, and Wisdom, the nature of which is good. There is Only One Power.
2. We believe humanity is created out of, and is an extension or expression of, the One Power. We are naturally "good." We are Divine.
3. We believe the consistent, persistent pattern of our thought is a truthful predictor of our human experience. When our outlook on life is positive, we tend to notice and therefore experience a positive state of affairs—and vice versa. Our feelings and the ideas, attitudes and beliefs we hold in mind are major influences on how we experience life.
4. We believe prayer (telling ourselves the highest Truth we know) and meditation (contemplation of Truth) are foundational practices to attune to One Power... We attune to the One through prayer and meditation.
5. We believe we unleash the Power of Divine Life, Love, and Wisdom when we make every thought, word, and action an intentional spiritual practice. Practicing these principles leads to spiritual mastery, increasing our capacity to be the light of the world. We practice these principles in our daily lives.

We identify twelve spiritual powers:

Life - I am ever-flowing, unending Divine Life.
Order - I AM Divine Order establishing perfect timing and orderly action.
Wisdom - I know the way to go.
Love - I am one with everyone and everything.
Imagination - I visualize the highest and best.
Understanding - I see the Truth!
Will - I Am Willing.
Faith - I believe; therefore, I see.
Zeal - I am passionate about my purpose.
Power - I am master of my thoughts, feelings, and actions.
Strength - I am courageous, confident, stable, and centered.
Elimination - I release and let go of only-human perspective.

We Agree...

We agree in our gatherings to respect anonymity and to diligently regard as confidential all that is said in our meetings. One person speaks at a time, and we listen without offering feedback. We speak of our own experience, strength, and hope.

Recovering in Unity is self-supporting. Although we assess no fees or dues, we pass a basket for our love offerings to support the Unity community that supports us by providing meeting space.

The Twelve Steps

Adapted from the **original 12 Steps of Alcoholics Anonymous** by www.12steps.org followed by the ***Recovering in Unity Interpretation***.

1. We admitted we were powerless over an addiction—that our lives had become unmanageable. *We admit we felt helpless about our circumstances and powerless over the habits we developed to cope. As a result, we seemed disconnected from the Source of Power and therefore from our Infinite Self.*
2. Came to believe that a Power greater than ourselves could restore us to sanity. *Began to understand that the Source is not separate from us; the Source is the truest Infinite Self; and as we attune to the Source we recover our spiritual identity to live an empowered life.*
3. Made a decision to turn our will and our lives over to the care of God *as we understood God. Made a decision to attune to the Source, reclaim our spiritual identity, and recover our inner power.*
4. Made a searching and fearless moral inventory of ourselves. *Fearlessly revealed thoughts, behaviors, and attitudes that have kept us feeling separate from the Source, the Self, and others.*
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *Came to identify patterns of thought and feeling that led to destructive acts.*
6. Were entirely ready to have God remove all these defects of character. *Became willing to release blame, condemnation of self and others, unworthiness, and other states of mind contributing to feelings of separateness.*
7. Humbly asked God to remove our shortcomings. *Activated the spiritual power of Elimination to release thoughts of unworthiness, separateness, and condemnation that have contributed to unhealthy patterns of behavior.*

8. Made a list of all persons we had harmed, and became willing to make amends to them all. *Activated the power of Divine Love, the harmonizing, unifying power within ourselves and with people we have held apart.*
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. *Wrote and/or spoke words of reconciliation and contrition directly when possible, and through prayer and personal reflection when not advised to make direct contact.*
10. Continued to take personal inventory and when we were wrong promptly admitted it. *Agreed to practice reflection, observing when and how my thoughts, words, and actions spring from feelings of separation; when I observe, I return my awareness to Oneness.*
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. *Agreed to practice prayer and meditation to attune to the Source and draw upon inner Wisdom to guide my choices day by day.*
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. *Having become more aware of our Source and Infinite Self, we strived to consciously practice these principles and encourage others to do the same.*

Recovering in Unity Group Agreement
(taken from the Study Circle Agreements)

We gather together to honor the sacred journey of each spiritual being; to uphold everyone's highest intentions; to appreciate the courage of every person who shares with us; and to encourage each one's most authentic, most inspired actions. In spiritual friendship, then:

- We agree to be present for one another, maintaining compassionate attention when others are sharing.
- We agree to uphold one another's highest intentions during our gathering and between gatherings in our personal times of prayer.
- We agree to create a secure environment for everyone, where we consider anything said in our circle confidential.
- We agree to be one hundred percent personally responsible for our own experience in the circle. We do not ask others to advise us and we do not offer advice to others, trusting the indwelling wisdom to direct each of us to our own authentic actions.
- We agree to give room for anyone to take whatever amount of time is necessary for sharing, and when we are the speaker, we agree to do what is authentically necessary without dominating the floor.
- We agree to listen with our hearts, discovering the personal relevance of others' sharing, deriving meaning for our own journey of transformation.
- We agree to appreciate one another's courage and to support one another by viewing them as they truly are, whole in Spirit.

Closing Statement: In closing, we would like to share that the thoughts, feelings and ideas expressed here were individualized expressions of Divine Wisdom. We invite you to Release anything you feel would not be helpful to you at this time and be open to the rest. These individualized expressions were spoken with the understanding they will not be shared with others, please respect the sacred nature of this group and maintain confidentiality at all times. If you are new to us, take heart, we have more in common than you might realize right now. The power of Understanding is active in you, and will manifest in the knowing that the Universe is truly supportive of you – know that things in their time will get better. Know that whatever outward appearances seem to be, the Truth is you are loved, and are the power of love. Often times, there are meaningful conversations after meetings that help us grow in understanding. Allow your words to be uplifting, and choose to avoid complaints, gossip or criticism. Rather allow the manifestations of working the steps and making connections with each other expand in your life. Will all who choose to, please join me in the closing prayer?

Closing Affirmation of Truth

We are here to glow as the Light of God. We are the Light of God.

We are here to embrace as the Love of God. We are the Love of God.

We are here to stand in truth as the Power of God. We are the Power of God.

We are here to radiate as the Presence of God. We are the Presence God.

Wherever we are, God is. And so it is!