

Old Timer's Prayer

Lord keep me from the habit of thinking I must say something on every subject and on every occasion, Release me from the craving to straighten out everybody's affairs.

Keep my mind free from the recital of endless details - Give me wings to get to the point.

I ask for the grace to listen to the tales of others pains, Help me to endure them in patience.

But seal my lips on my own aches and pains -they are increasing and my love of rehearsing them is becoming sweeter as the years go by. Teach me the glorious lesson that occasionally it is possible that I may be mistaken, Keep me reasonably sweet, I do not want to be a saint-some of them are so hard to live with - but a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, O Lord, the grace to tell them so. Make me thoughtful, but not moody, helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all- but Thou knowest, Lord, that I want a few friends in the end. **Amen**



Saturday 8pm

Sunday 7:30pm

6th Ave. Church of Christ

Compliments
of



Monday 7pm

St. Joseph Catholic Church

Prayer for Serenity

**God, grant me the serenity
to accept the things I cannot change
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 the pathway to peace.**

**Taking, as He did, this sinful world as it is;
not as I would have it.**

**Trusting that He will make all things right
if I surrender to His Will.**

**That I may be reasonably happy in this life;
and supremely happy with Him
forever in the next. Amen**

Reinhold Niebuhr

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ON AWAKENING

ON AWAKENING let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

IN THINKING ABOUT OUR DAY we may face indecision. We may not be able to determine which course to take. Here we ask God for inspi-ration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

ASK HIM IN YOUR MORNING MEDITATION what you can do each day for the man who is still sick, and that He show you the way of patience tolerance, kindness and love throughout the day. Your job now is to be at the place where you may be of maximum help-fulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed

“It is only by giving that we may receive”

Dear God,

I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself. .. and the fact that I think I am following Your Will does not mean that I am actually doing so. But I believe this: I believe that the desire to please You does in fact please You, I hope I have that desire in everything I do. I hope I never persist in anything apart from that desire. And I know that if I do this You will lead me by the right road, though I may do nothing about it at the time, Therefore I will trust You always, for though I may seem to be lost and in the shadow of death - I will not be afraid, because I know you will never leave me to face my troubles all alone,

Handed to a Newcomer by an Oldtimer in 1988 with the notation "This helps me on the days when none of it makes sense!"

- Thomas Merton "Thoughts in Solitude"

I call on you right now in a special way. It is through Your Power that I was created. Every breath I take, every morning I wake, and every moment of every hour, I live under Your Power.

Father, I ask you now to touch me with that same power. For if you created me from nothing, You can certainly recreate me. Fill me with the healing power or Your Spirit. Cast out anything that should not be in me. Mend what is broken. Root out any unproductive cells. Open any blocked arteries or veins and rebuild damaged areas. Remove all inflammation and cleanse any infection.

Let the warmth of Your Healing Love pass through my body to make new any unhealthy areas so that my body will function the way You created it to function.

And Father restore me to full health in mind and body so that I may serve You the rest of my life.

I ask this through Christ our Lord. Amen

Fr. Larry J. Hess

Morning Prayers

We begin in the name of God. Amen

O GOD, who has brought us safely to the beginning of this day, save us by your grace from falling into sin during it. Grant that during it we may know and love and serve you more and more, and mercifully grant, show and allow that all our thoughts, words, and actions, being directed by your powerful assistance may tend to the accomplishment of your holy will, Amen

OUR FATHER, who art in heaven, hallowed be thy name. Thy kingdom come Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver from evil. For thine is the kingdom, the power, the glory for ever and ever. Amen

The Twenty-Third Psalm

THE LORD IS MY SHEPPARD I shall not want, He maketh me to lie down in green pastures. He leadeth me beside still waters. He restoreth my soul. He leadeth me in the paths of righteousness for his name's sake. Yea though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod thy staff they comfort me, thou prepares a ta-ble before me in the presence of mine enemies, thou anointest my head with oil, my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life and I will dwell in the house of the Lord for ever. (Psalm 23)

The Serenity Prayer

God grant us the Serenity to accept the things we cannot change; Courage to change the things I can; and the Wisdom to know the difference - Living one day at a time, Accepting hardships as the pathway to peace; taking, as he did, this sinful world as it is, not as I would have it, Trusting that He will make all things right if we surrender to His will; that we may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

Reinhold Niebuhr

**LET US CONFIRM OUR DECISION TO TURN OUR WILL
AND LIVES OVER TO THE CARE OF GOD:**

God I offer myself to thee, to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power. thy Love, and Thy way of Hfe." May I do Thy will always. (The Big Book)

LET US PRAY

Almighty Father, we ask that You spread the glow of your grace on all whom we love. All those here present, and those who could be here. We ask, especially Father. That You smile with love on those of our Fellowship who have died give them the refreshment of Your light and peace. Don't forget, Lord, all the suffering alcoholics everywhere their families and friends. Give them hope, wisdom and strength and a measure of peace this day. We bless, Father, with grateful love, the memory of Bill W. and Dr. Bob. Hold them in Your wide and eternal embrace forever. Amen

READ: TODAY'S READING FROM THE 24 HOURS A DAY BOOK

We close in the name of God. Amen

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to our selves, many times each day. **"Thy will be done."** But that is not all, There is action and more action. **"Faith without works is dead."**

Our 12th step work is what the first 11 steps have prepared us for; the fulfillment of our **PRIMARY PURPOSE**: to help alcoholics and to be of maximum service to God and the people about us.

Whenever I am disturbed, no matter what the cause, there is something wrong with me. My "wants" are not being considered. Continue to watch for selfishness, dishonesty, resentment and fear (4)

1. Ask God **at once** to remove them (6&7)
2. Discuss them with someone **immediately** (5)
3. Make amends **Quickly** (8&9).
4. **Resolutely** turn your thoughts to someone you can help. (12)

"Love and tolerance of others is our code."

An Analysis of the Steps

Step 1— The Problem - Alcohol(ISM) - Thinking - I, Self, Me

Step 2— The Solution - A Power greater than ourselves

Step 3— A Decision to take the rest of the Steps to learn if that Power greater than ourselves is available to us. Either God is everything or He is Nothing. God is or He isn't. What is our choice to be?

Comment: We will now begin to be at peace with the God of our understanding

Step 4— An effort to learn the Truth about ourselves

Step 5— The humility to honestly admit our character defects to our Higher Power, ourselves and another human being and to learn more of the Truth about the way we have treated and harmed others.

Step 6— A commitment to our Higher Power that we will continue our study of the Big Book and follow the clear-cut directions (recipe) to the best of our understanding.

Comment: We will now begin to be at peace with ourselves

Step 7— Now that we have told Him we will do our part, we humbly ask Him to do His part.

Step 8— Take the list from our inventory (Step 4) and add to it any people we have neglected, used, abused or otherwise harmed.

Step 9— Make restitution to all those on our Step 8 list.

Comment: We will now begin to be at peace with the people and the world around us.

Step 10— Continue to apply Steps 4,5,6,7,8 and 9 moment by moment, day by day.

Comment: This is how we stay free of our old ideas and begin spiritual growth.

Step 11— This is how we learn to talk to God (pray) and listen to God (meditation).

Step 12— This is the Promise of the Program, the statement of our Primary Purpose and how we are to apply these Steps to every area of our lives. This is where we LIVE THE PROGRAM.

Comment: "We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles (Twelve Steps) lies before us in our respective homes, occupations and affairs" BB pg 19

NINTH STEP

Pg. 79 LEGAL MATTERS - We ask that we be given strength and direction to do the right thing, no matter what the personal consequences might be.

Pg. 80 OTHERS EFFECTED - If we have obtained permission, have consulted with others, *asked God to help*.

Pg. 82 INFIDELITY - Each might pray about it, having the other one's happiness uppermost in mind.

Pg. 83 FAMIL Y - So we clean house with the family, *asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love*.

TENTH STEP

Pg.84 Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, *we ask God at once to remove them*.

Pg.85 Everyday is a day when we must carry the vision of God's will into all our activities. *"How can I best serve Thee--Thy will (not mine) be done"*.

ELEVENTH STEP

Pg. 86 NIGHT After mediation on the day just completed, *"We ask God's forgiveness and inquire what corrective measures should be taken"*.

Pg. 86 MORNING Before we begin our day, *"we ask god to direct our thinking, especially asking that it be divorced from self-pity", dishonest or self-seeking motives"*.

Pg. 86 MORNING In thinking about our day, *"We ask God for inspiration, an intuitive thought or decision"*.

Pg. 87 MORNING We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will, and are careful to make no requests for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

pg. 87 - 88 ALL DAY As we go through the day we pause, when agitated or doubtful, and *ask for the right thought or action*.

TWELFTH STEP

PI?.. 164 Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order.

Your job now is to be at the place where you may be of maximum helpfulness to others" so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. Pg. 102

Evening Prayers

We begin in the name of God. Amen

Let us Praise our God

My heart is full today. I am so grateful for all that God has done for me. I need but crawl out of my corner of depression and self-pity and look around me to see how great my God is. I cannot see Him, but I can see the results of His Hands. He is a merciful and loving god. How tenderly He deals with those whose hearts are open to Him. He is a righteous and faithful God. His promises and precepts are forever. He is a majestic and powerful God. He created me and sustains me day by day. He is a forgiving God. He takes me back to His loving heart when I go astray. He is in the world today. And those who recognize and accept his presence are building on foundation that are eternally secure. How grateful I am to my God today! (Psalm # 111)

IN THE SPIRIT OF ST FRANCIS. LET US PRAY:

Lord, make me an instrument of your peace.

Where there is hatred let us 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 we may seek not much to be consoled as to console

To be understood as to understand

To be loved as to love

For it is in giving that we receive

For it is in pardoning that we are pardoned

And it is in dying that we are born to eternal life. Amen

PRAYER FOR ALL OUR SICK. IN OUR FELLOWSHIP. IN OUR FAMILIES AND AMONG OUR FRIENDS:

Almighty, everlasting God, the eternal salvation of those who believe, hear us in behalf of our sick, for whom we implore the help of our mercy, that, being restored to health, they may render thanks to you, in your Church, through the same Christ our Lord. Amen

LET US HUMBLY ASK GOD TO REMOVE OUR SHORTCOMINGS:

My Creator, I am now willing that You should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to my fellows. Grant me strength, as I go out from here to do your bidding. Amen (The Big Book)

GOD, I shall not pass this way again: and any good thing therefore that I can do, or any kindness that I can show, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again. Amen

CLOSING PRAYER

May god support us all the day long, till the shadows lengthen and the evening comes, the busy world is hushed and the fever of life is over and our work is done; then in his mercy may God give us a safe lodging and a holy rest and peace at the last. (John Henry Newman (1801-1890))

BLESSING

The Lord bless us and keep us; the lord make his face to shine upon us, and be gracious to us; the Lord lift up his countenance upon us, and give us peace. Amen (The Book of Numbers)

We close in the name of God. Amen

WHEN WE RETIRE AT NIGHT, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our useful-ness to others. After making our review **we ask God's forgiveness and inquire what corrective measures should be taken?**

"I EARNESTLY ADVISE EVERY ALCOHOLIC TO READ THIS BOOK THROUGH, AND THOUGH PERHAPS HE CAME TO SCOFF, HE MAY REMAIN TO PRAY."

William D. Silkworth, MD - Pg. xxx

"GOD IS EVERYTHING OR HE IS NOTHING. GOD EITHER IS OR HE ISN'T. WHAT WAS OUR CHOICE TO BE?"

Big Book Pg. 53

Pg.59 We asked His protection and care with complete abandon.

THIRD STEP

pg. 63 - God, I offer myself to Thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

FOURTH STEP

PG 67 RESENTMENT - **We asked God to help us show them the same toler-ance, pity, and patience that we would cheerfully grant a sick friend.** When a person offended we said to ourselves, **"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done".**

Pg. 68 FEAR - **We ask Him to remove our fear and direct our attention to what He would have us be.**

Pg. 69 SEX - **We asked God to mold our ideals and help us live up to them.**

Pg. 69 SEX - **In meditation, we ask God what we do about each specific matter.**

pg. 70 SEX - **To sum up about sex: We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing.**

FIFTH STEP

pg. 75 **We thank God from the bottom of our heart that we know Him better.**

pg. 75 **We ask if we have omitted anything,**

SIXTH STEP

Pg.76 **If we still cling to something we will not let go, we ask God to help us be willing.**

SEVENTH STEP

Pg.76 My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of charac-ter which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

EIGHTH STEP—Goto Ninth Step—SAME