

PRINCIPLES FOR INDIVIDUALS

Each person's spiritual journey will follow a different path, but they will all be based on similar foundational principles. With special thanks to our friends in AA, OA, NA and Al-Anon, our current Principles are:



- (1) We admit that we need help in finding and understanding the true loving nature of God and what it means for our life.
- (2) We admit that we need help in understanding our own true nature, and knowing that we are not, by our God-given nature, wicked and unclean.
- (3) We seek a loving and compassionate relationship and experience with our Creator. We come to believe, *really believe*, that God loves us *no matter what*.
- (4) We strive to understand that we are all children of God, that the Kingdom of God is within us, and that each of us has special and unique gifts that are highly valued by God. No one is more important, or less important, than another person.
- (5) It is ultimately through God's grace that we find our true self, the way we were made in our own special and unique way.
- (6) We will turn our will and our life over to God's care so that God can help us remove the things that keep us from knowing God's true love.
- (7) We will take regular inventory of our life through reflection, observation and nonjudgmental self-awareness of our character and nature, and continually learn about our true self, the image of God in us.
- (8) We accept where we are in our journey, and will admit to God, to ourselves, and to another human being the current nature of our spiritual growth needs.
- (9) We will humbly ask God through a life of prayer, reflective study and service to allow our true nature with its special gifts to be free to be used in God's service.
- (10) We will identify all persons that we may have harmed and be willing to reconcile with them directly where possible, unless to do so would cause greater harm.
- (11) We will carry these principles with us moment by moment, revealing God's Presence in our life, and to demonstrate God's love for others and the world.
- (12) Knowing that this is a life-long journey, we will allow ourselves "do-overs" as often as we need them.