



The Twelve Traditions of Serenity Groups

Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.

The First Tradition

*Serenity Groups offer everyone the opportunity to keep their addictions, compulsions, difficulties, problems, or weaknesses completely confidential. As you take **The Twelve Steps Journey**, 'It can remain between you and God.' The first principle of Serenity Groups is 'If it's private, you can keep it private.'*

The Second Tradition

Serenity Groups offer prayer support from others and teaches you valuable prayer principles that you can apply each day to help you and others maintain serenity and overcome addictions, compulsions, obstacles and weaknesses.

The Third Tradition

*Serenity Groups offer a new approach to Bible Study and prayer that follows the 12 Steps of Recovery, which we call **The Twelve Steps Journey**, a supplement to traditional Programs.*

The Fourth Tradition

Serenity Groups offer authentic and loving fellowship with others and time-tested tools to help you face any problems and overcome obstacles while maintaining your inner peace, peace with God, and peace with others (in so far as that lies with you).

The Fifth Tradition

Serenity Groups offer those in any Recovery Program the opportunity to learn more about the spiritual foundation of their Program while deepening their relationships with God and others. Serenity Groups are not designed to replace any Recovery Program, Treatment Program, or Group, but seek to offer keys to serenity that are consistent with the 12 Steps of A.A. as originally designed and intended.

The Sixth Tradition

Serenity Groups offer the family and friends of anyone in recovery or needing recovery the opportunity to meet and discuss the principles of serenity and recovery — with those in recovery and the loved ones of those in recovery.

The Seventh Tradition

Serenity Groups offer spiritual support to others freely and without charge, but does not offer counseling, professional counseling services, or advice. The opinions expressed by anyone in any meeting are simply that — personal opinions.

The Eighth Tradition

*Serenity Groups offer each member the opportunity to use their time, talent, and treasure to help keep the group self-supporting and to reach out to others who might benefit from **The Twelve Steps Journey**, prayer, serenity principles, or Serenity Groups.*

The Ninth Tradition

Serenity Groups offer others who want to start Serenity Groups encouragement and support where appropriate and without charge whenever possible.

The Tenth Tradition

Those using Serenity Groups materials have the freedom to organize and maintain their Group, by whatever name, apart from outside permission or control. No single group or group of Serenity Groups represents a total Serenity Groups movement in whole or in part.

The Eleventh Tradition

Though Serenity Groups teachings are based on the Bible and prayer to the God of the Bible, Serenity Groups offer those of any religion or philosophy the opportunity to meet with others without fear of condemnation or criticism from others in the group. The road to serenity is not down the path of criticism of others or their points of view. Participants need to have the freedom to discuss and share ideas in the hope of learning from others the best ways to walk in serenity and beauty. Biblical truths should not be despised or ridiculed in Serenity Groups

The Twelfth Tradition

*Though Serenity Groups often use the **Serenity Groups: Meeting Guide and Workbook** for personal and group journeys and meetings, along with readings from **Prayer Steps to Serenity The Twelve Steps Journey: New Serenity Prayer Edition**, Serenity Groups participants are free to use in meetings any books, readings, quotations, and study guides that the participants and group find appropriate and helpful.*

The Twelve Traditions of Serenity Groups were first written and copyrighted in 2004, by L. G. Parkhurst, Jr. Reprinting and editing permission was granted and is hereby granted for non-commercial use. Subsequently, *The Twelve Traditions of Serenity Groups* have been revised slightly to reflect the ideas and suggestions of many Serenity Groups participants. Not all Serenity Groups use *The Twelve Traditions of Serenity Groups*, but these traditions help us maintain meetings according to the principles that we have found helpful. Feel free to revise *The Twelve Traditions of Serenity Groups* for your group, but please note for your participants that your version is revised from *The Twelve Traditions of Serenity Groups* as first written and copyrighted in 2004.

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