

# The Twelve Steps

## A Spiritual Journey

### ***The Twelve Steps: A Spiritual Journey***

This eight-week program allows people to come together to look at where they are on their spiritual journey. A feeling of being separated from or perhaps not as close as we used to be with God is more common than we might think. It's not really something people talk much about.

**The Twelve Steps** are adapted from the Alcoholics Anonymous program. We do not need to be an addict to experience pain or confusion about behaviours that we keep on doing even when we know they are not good for us. This program looks at the Twelve Steps from a scriptural point of view. It demands honesty and effort but the result can be a healthy shift in direction with our thinking. We can make important changes with God's help. The structure that the Twelve Steps provides has worked for many. It is not for everyone, but it could be for you.

To register please contact The Lantern (709) 753-8760

Email: [information@thelantern.ca](mailto:information@thelantern.ca) Website: [www.thelantern.ca](http://www.thelantern.ca)

The Lantern 35 Barnes Road

Wednesdays 7:30 - 8:45 p.m.

January 16 - March 6 (Ash Wednesday)

*"When my self-image is low and I'm feeling depressed or "less than," I separate myself from my Higher Power. In the same way, when my self-image is grandiose, prideful, or 'better than,' I place distance between God and myself. God exists in the vast, colourful space between the black-and-white extremes of depression and pride. In the middle, with God, I am free to be the authentic me and feel 'a part of.' " (Voices of Recovery)*