12 STEPS FOR ALL AGES

A 12 Step Gathering for All Ages

Readers take turns **All in bold**

Welcome

Welcome, everyone. We're glad you're here.
This is a gathering for all ages, children and grown-ups together.
Today we will walk through the 12 Steps for the Way Home,
taking turns as we read around the circle.

Peace be with you
Peace be with you

Prayer for Serenity

(All together)

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

The Steps for the Way Home

(After each step, pass to the next person in the circle.)

1. Start Where You Are

We admitted that we cannot do everything by ourselves,
like a tiny bird discovering it cannot fly alone.

2. Find Hope

We came to believe that help and hope are always nearby,
like a flower turning toward the morning sun.

3. Let Go and Trust

We made a decision to entrust ourselves to the care of God, as we understood Him,
like a seed resting in the earth before it begins to grow.

4. Take an Honest Look

We looked honestly at ourselves, at the good we had done and the good we had missed,
like a still pond reflecting everything around it.

5. Make a New Decision for Good

We honestly confessed where we had missed, and made a new decision to aim for the good,
like the sun rising again after a long storm.

6. Return to Love & Receive Forgiveness

We opened our hearts entirely ready to let God make all things new,
like stepping into fresh water and starting anew.

7. Grow in Kindness

We humbly asked God to help us grow in kindness and love,
like a young tree stretching toward the light.

8. Remember and Reflect

We took responsibility for the times we forgot that everyone belongs,
like remembering there is room for every bird at the feeder.

9. Make Things Right

We said sorry, forgave others, and tried to fix what we could,
like mending a torn kite so it can fly again.

10. Keep Going One Day at a Time

We kept growing in love, one day at a time,
like a garden growing one small leaf at a time.

11. Fill Your Heart

We stayed close to God and to people who help us grow,
like a vine growing near the branch that gives it life.

12. Share the Peace & Welcome Home

We shared the peace and welcomed others in,
like a lantern shining its light for everyone nearby.

(All together)

One step at a time,
we find our way home.

Time of Sharing and Quiet Moment

We turn now to one another,
and take turns sharing, or simply listening.

You might share:
Which step feels important to you today?
Or a time you said sorry, told the truth, or helped someone feel welcome.

If no one has anything to share, we will just take the quiet moment
to listen to nature, with gratitude.

(Pause for the time of sharing and quiet moment)

Thank you all for sharing, and for listening.

Candle for peace

We now will end our time of gathering by lighting a candle with a prayer for peace.

Blessed are the peacemakers,
for they shall be called children of God.

(A grown-up lights the candle. A moment of quiet.)

Let us go out in peace,
like a lantern shining its light for everyone nearby.

Peace be with you
Peace be with you

This circle is not affiliated with Al-Anon, Alcoholics Anonymous, or any other Twelve Step fellowship. To find a meeting, visit al-anon.org or aa.org.