TWELVE STEPS OF ANONYMOUS ANONYMOUS ONE We admitted there are things we are powerless over, and seeking to control these things made our lives unmanageable. TWO We came to believe that a power greater than ourselves could help restore us to serenity. **THREE** We made a decision to turn our will and our lives over to the care of a higher power, as we understood them. **FOUR** We made a searching and fearless inventory of our assets and defects. **FIVE** We admitted to our higher power, to ourselves, and another person the contents of our inventory. SIX We became entirely ready to have our higher power remove our defects of character. **SEVEN** We humbly asked our higher power to remove our shortcomings. **EIGHT** We made a list of all the harm we have done, and became willing to make amends. NINE We made amends wherever possible, except when to do so would cause more harm. TEN We continued to take personal inventory and when we were wrong promptly admitted it. ELEVEN We sought through prayer and meditation to improve our conscious contact with our higher power, as we understood them.

TWELVE

We experienced an awakening of our spirit as a result of these steps, we tried to carry a message of serenity to those still suffering and practice spiritual principles in all our affairs.

ANONYMOUS ANONYMOUS



THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO BE YOUR BEST SELF...

Anonymous Anonymous is a Twelve-Step Mutual Help Organization (TSMHO) meaning...

WE work the TWELVE-STEPS and HELP each other!

WE meet *EVERY*Saturday at 5p.

WE meet at the Meadville Medical Center Conference Room ACR1 1034 Grove Street, Meadville PA 16335

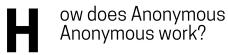
SAFETY STATEMENT

"Each member is but a small part of a greater whole. Our common welfare comes first. But individual welfare follows closely afterwards"-Alcoholics Anonymous, Tradition One (Long Form)

Some people come here unaware of what behaviors are appropriate and which are not. Behavior that disrupts the groups ability to carry out our primary purpose, or which directly endangers those present, threatens unity and serenity.

Violence in all forms-including all forms of harassment - sexual, personal, verbal, physical, psychological harassment amongst others - within meetings, after the meetings and online-is NOT acceptable. Members have the right to feel secure and safe in our organization. It is the groups responsibility to ensure that no member or visitor is subjected to or experiences bullying, harassment or offensive behavior. These are unacceptable and conflict with the positive spiritual principles and our traditions that we strive to live by in our program.

In cases of persistent inappropriate/predatory sexual/threatening/violent behavior that prevents serenity for the group or individual, consider this excerpt of a Letter from Bill W. (1969), "This amount of charity does not mean we cannot exclude those who disturb meetings or seriously threaten the functioning of the group. Such people can be asked to quiet down, go elsewhere, or to come back when they are better able to participate"



ne works through the Twelve Steps, with the help of someone else who has worked the Twelve Steps...

e meet regularly to connect and share our experiences, strength, and hope.

In Anonymous Anonymous, the only requirement for membership is the desire to become your best self...

It works best with Honesty, Open-Mindedness, and Willingness.

This program is both an introductory and advanced course in living our best lives in accordance with the Twelve Steps.

Our primary focus lies on our similarities rather than differences.

Attendance is open and encouraged for everyone.

When you enter an Anonymous Anonymous meeting, you come as a human.

You needn't identify why you are attending, we are all attending to become our best selves...

In Anon Anon, we work together, gather together, and grow together based on that one common bond...

Our Humanity

SPIRITUAL PRINCIPLES

Acceptance • Patience Kindness - Compassion Righteousness • Understanding Service - Awareness Discipline - Responsibility - Love • Humility • Willingness Integrity - Courage - Surrender Hope - Honesty - Faith - Humility Discipline - Perseverance Resilience • Tenacity • Gratitude Optimism - Generosity Forgiveness • Intention Unconditional Love Compassion • Open-Mindedness Insight • Responsibility Authenticity - Contemplation Calmness • Contentment Cheerfulness • Charity Commitment • Conviction Diligence • Enthusiasm Forgiveness • Fortitude Fairness - Friendship Forbearance - Selflessness Justice - Joy - Kindness Moderation • Serenity • Trust Temperance • Patience Vigilance - Wisdom - Reflection Peace - Mercy - Contemplation Probity