



Foothill Intergroup Prayers

Serenity Prayer

God grant me the serenity to
Accept the things I cannot change;
Courage to change the things I can;
And the Wisdom to know the difference.

Third Step Prayer

God,
I offer myself to Thee
To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness
to those I would help of Thy Power, Thy love and Thy way of life.
May I do Thy will always!

Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character which
stands in the way of my usefulness to you and my fellows. Grant me
strength, as I go out from here to do Your bidding."

The OA Promise

I put my hand in yours, and together we can do what we could never do
alone. No longer is there a sense of hopelessness, no longer must we each
depend upon our own unsteady willpower. We are all together now, reaching
out our hands for power and strength greater than ours, and as we join
hands, we find love and understanding beyond our wildest dreams.

A VISION FOR YOU

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.

Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order.

But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows.

Clear away the wreckage of your past.

Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you - until then.

THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

We know a new freedom and happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word "serenity".

We will know peace.

We will see how our experiences would benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things.

Self-seeking will slip away.

Our whole attitude and outlook on life will change.

Fear of people and economic insecurity will leave us.

We will intuitively know how to handle situations that used to baffle us.

We will realize that God is doing for us what we couldn't do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

– From the Alcoholics Anonymous "Big Book," pp. 83-84

ON ACCEPTANCE

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism (compulsive overeating), I could not stay sober (abstinent); unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

– Alcoholics Anonymous "Big Book" page 449 or 417

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(Roxanne's Prayer)

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– for origin of the Serenity Prayer see AAHistory.com

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Night Prayer

God forgive me where I have been
resentful, selfish, dishonest or afraid today.
Help me to not keep anything to myself but to
discuss it all openly with another person -
show me where I owe an apology and help me
make it. Help me to be kind and loving to all
people. Use me in the mainstream of life God.
Remove worry, remorse or morbid (sick)
reflections that I may be of usefulness to
others. Amen.