



Starting a Two Way Prayer Meeting **A Guide**

Leader: Welcome to our Two Way Prayer Group.

My name is _____ and I'll be your leader for this meeting.

Let's open our meeting with a moment of silence, followed by a volunteer reading the "We Version" of the Original Serenity Prayer. **(Moment of Silence)**

Reader #1:

My name is ____ and this is the "We Version" of the Original Serenity Prayer:

God, grant us the serenity to accept the things we cannot change,
courage to change the things we can,
and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time;
accepting hardship as the pathway to peace;
taking, as Jesus did, this sinful world as it is, not as we would have it;
trusting that You will make all things right if we surrender to Your will;
so we may be reasonably happy in this life
and supremely happy with You forever in the next. ***Amen***

Leader: Now I've asked a friend to read our Group Preamble:

Reader #2:

My name is _____ and this is our preamble:

Our Two Way Prayer Group is open to any and all who struggle with addiction. Our addictions include alcohol, drugs, nicotine, food, sex and relationships, gambling, shopping, worrying, work, and lying – to list but a few. We attempt to follow the original program of Alcoholics Anonymous including the Four Absolutes of the Oxford Group that were later formulated into the Twelve Step program.

Leader: I've asked another friend to read the Four Absolutes for us now.

Reader #3:

My name is _____ and these are the Four Absolutes that form the moral and ethical code that Bill Wilson formulated into the 12-Steps and that Dr. Bob said he continued working throughout his life.

Absolute Honesty: No lying, no cheating, no stealing;
in a word, in all your affairs, simply and absolutely no falsehood.

Absolute Purity: Purity of mind, purity of body, purity of the emotions,
purity of heart, sexual purity.

Absolute Unselfishness: Seeking what is right and true ahead of what I
want in every situation.

Absolute Love: Loving God with all your heart, all your soul, all your mind, and all your strength – loving your neighbor (as/and) yourself.

The Absolutes are not claims of attainment, but goals toward which we strive for living a new life free from addiction. When practiced, they become powerful transformers of our conduct, our character, and our consciousness.

Leader: Our group is committed to helping members find a deeper and more personal experience of God through an enhanced practice of the last three Steps of the 12-Step Program. I've asked a friend to read those for us now.

Reader #4: My name is _____ and these are the Last Three Steps:

- **Step Ten:** Continued to take personal inventory and when we were wrong promptly admitted it.
- **Step Eleven:** Sought through prayer and meditation to improve our conscious contact with the God as we understood (Him/God) praying only for the knowledge of (His/God's) will for us and the power to carry that out.
- **Step Twelve:** Having had a spiritual awakening as the result of these Steps we tried to carry this message to others, and to practice these principles in all our affairs.
- Most of us have worked the First Nine Steps outside of this group or in other Fellowships to which we belong. While we remain focused here on the Last Three Steps, we make daily use of the spiritual tools we learned through our other Steps.

Leader: (If a newcomer to the group is in attendance, ask a friend to read the Newcomers Welcome:)

Reader #5: My name is _____ and this is our Newcomer's Welcome:

If you are a newcomer to our group, we welcome you with open arms. Please request a *Newcomer's Packet* after the meeting. It contains the information needed to help you begin listening for "the still, small Voice" that is within each of us. If you come as a skeptic, please know that many of us also shared your honest doubts. But we have found that a willingness to live life by the Four Standards of *Honesty, Purity, Unselfishness and Love* along with a sincere effort to practice Two Way Prayer, has led us into a new, and often transforming, relationship with our Creator. ***The God of our understanding has become the God of our experience. The Creator who once seemed distant and detached has become our closest Friend and Guide.*** We hope it may be so for you as well.

Leader: Our meeting lasts for 60 to 75 minutes. We share portions of our Two Way Prayer journals with the group. All sharing is completely voluntary and confidential. We ask for this to be respected by one and all.

During our Opening Round, sharing is limited to those who brought their Two Way Prayer journals and wish to read from them. While one member is sharing, we invite you **to write down** any thoughts or guidance you may receive while listening to that person's share. We have found that one person's guidance may hold important meaning for others as well. This is Three Way Prayer.

After a person reads from their journal, we'll then begin a Second Round for those wishing to share what they wrote down. All are welcome to share during this Round but please keep your sharing brief and focused on how it relates to you. **We do not interpret one another's Guidance.** Unlike some 12-Step groups, we **do** allow crosstalk during our meetings. However, we try not to take the focus away from the person who is sharing.

SHARE GUIDANCE:

The leader (or another person) now shares a guidance selected from their last week's writings. Then, go around the group inviting members to share.

CLOSING: *When the time is up, the Leader says:*

- **Our time is almost up. Are there any announcements?**
- **If you didn't have a chance to share or if you have any questions, some of us will remain after the meeting to answer them.**
- **Thank you all for sharing and for the opportunity to lead this meeting. Please come back next week.**
- **Now I need a volunteer to recite the Lord's Prayer (or a member who has brought another prayer).**

(This format was approved by our Group Conscience Meeting on ____ Date)

A Final Note from Fr. Bill

Please remember these guidelines are suggestions only. There really are no hard and fast rules for prayer partnering or for conducting meetings. While Two Way Prayer is primarily private writings between you and your Higher Power, sharing your guidance with others can often be helpful.

For more information on TWP, check out the website or send us a note!

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