

Your local Addiction Recovery  
program location

In-person or Zoom

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Sunday 7 PM - All are welcome!

Cumberland Heights Spring Hill  
220 Town Center Pkwy Suite 205  
Spring Hill, TN. 37174

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**These meetings are for people seeking  
help for recovery from substance  
abuse, pornography use, and other  
problematic behaviors.**

These meetings are guided by members of The Church of Jesus Christ of Latter-day Saints, but individuals from any or no faith tradition are welcome to attend. Understand that support groups might be only one aspect of your recovery process. A support group can be a great help for you, but you may also need professional help or a treatment group. Support group meetings are not run by professional counselors and are not considered treatment groups.

A recovery meeting is a safe place. The goal of the facilitator and the group leaders is to make all attendees feel comfortable and safe.

To help create a safe environment: All participants are encouraged to introduce themselves by their first name only to help protect anonymity. General recovery meetings are held for men and women combined, men only, or women only. Pornography use recovery meetings are held for men only or women only. You can choose to listen only if you don't feel comfortable participating or sharing. If you prefer only to listen, simply say "pass" when it is your turn to read or speak. You are welcome to participate to whatever extent you feel comfortable. We follow the rule of Alcoholics Anonymous: "Who you see here, when you leave here, let it stay here." Meetings are confidential.

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# ADDICTION RECOVERY

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Your hope for a brighter future  
can start today!

Let go and let the Savior be  
your saving grace.



## 12 STEPS

### STEP 1

ADMIT THAT YOU, OF YOURSELF, ARE POWERLESS TO OVERCOME YOUR ADDICTIONS AND THAT YOUR LIFE HAS BECOME UNMANAGEABLE.

### STEP 2

COME TO BELIEVE THAT THE POWER OF GOD CAN RESTORE YOU TO COMPLETE SPIRITUAL HEALTH.

### STEP 3

DECIDE TO TURN YOUR WILL AND YOUR LIFE OVER TO THE CARE OF GOD THE ETERNAL FATHER AND HIS SON, JESUS CHRIST.

### STEP 4

MAKE A SEARCHING AND FEARLESS WRITTEN MORAL INVENTORY OF YOURSELF.

### STEP 5

ADMIT TO YOURSELF, TO YOUR HEAVENLY FATHER IN THE NAME OF JESUS CHRIST, TO PROPER PRIESTHOOD AUTHORITY, AND TO ANOTHER PERSON THE EXACT NATURE OF YOUR WRONGS.

### STEP 6

BECOME ENTIRELY READY TO HAVE GOD REMOVE ALL YOUR CHARACTER WEAKNESSES.

### STEP 7

HUMBLY ASK HEAVENLY FATHER TO REMOVE YOUR SHORTCOMINGS.

### STEP 8

MAKE A WRITTEN LIST OF ALL PERSONS YOU HAVE HARMED AND BECOME WILLING TO MAKE RESTITUTION TO THEM.

### STEP 9

WHEREVER POSSIBLE, MAKE DIRECT RESTITUTION TO ALL PERSONS YOU HAVE HARMED.

### STEP 10

CONTINUE TO TAKE PERSONAL INVENTORY, AND WHEN YOU ARE WRONG PROMPTLY ADMIT IT.

### STEP 11

SEEK THROUGH PRAYER AND MEDITATION TO KNOW THE LORD'S WILL AND TO HAVE THE POWER TO CARRY IT OUT.

### STEP 12

HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THE ATONEMENT OF JESUS CHRIST, SHARE THIS MESSAGE WITH OTHERS AND PRACTICE THESE PRINCIPLES IN ALL YOU DO.



MEETING PARTICIPANTS USE THE ADDICTION RECOVERY PROGRAM GUIDE, ARE LED BY VOLUNTEER CHURCH-SERVICE MISSIONARIES, AND ARE SUPPORTED BY A MEETING FACILITATOR.



THE CHURCH-SERVICE MISSIONARIES AND FACILITATOR USE THE STEPS FOUND IN THE ADDICTION RECOVERY PROGRAM (ARP) GUIDE TO CONDUCT THE MEETING. THE ADDICTION RECOVERY PROGRAM GUIDE HELPS THOSE STRUGGLING WITH ADDICTION OR OTHER PROBLEMATIC BEHAVIORS TO FIND RECOVERY THROUGH THE SAVIOR JESUS CHRIST. THE FACILITATOR IS TYPICALLY SOMEONE WHO HAS APPLIED THE PRINCIPLES FOUND IN THE 12 STEPS AND IS LIVING SUCCESSFULLY IN RECOVERY.

## MEETINGS ARE A PLACE OF HOPE AND HEALING



ADDICTION AND OTHER PROBLEMATIC BEHAVIORS CAN BE DIFFICULT TO OVERCOME; HOWEVER, ALL THINGS ARE POSSIBLE WITH THE HELP OF JESUS CHRIST. FIND A MEETING NEAR YOU. NOTE: IF YOU HAVE A SPOUSE OR A LOVED ONE IN NEED OF SUPPORT, THE ADDICTION RECOVERY PROGRAM ALSO HOLDS SPOUSE AND FAMILY SUPPORT MEETINGS.

