

12 Step Addiction Programs

Alcoholics Anonymous (AA): www.aa.org

Narcotics Anonymous (NA): www.na.org

Suggested local meetings

AA:

COMMUNICATIONS GROUP

Sundays 8-9 p.m.

30 minutes open speaker; 30 minutes open discussion [MAP](#)

Concordia Lutheran Church

3501 Central Ave

Nashville TN 37205

SAINT A'S

Wednesday's at Noon-1 p.m.

Open Discussion, Non-smoking [MAP](#)

200 24th Avenue South

Saint Augustine's Chapel at Vanderbilt University

Nashville Tn 37212

PROGRAM STUDY MEETING

Friday's at 7 p.m.

Open Discussion, Non-smoking, Gay/Lesbian [MAP](#)

Belmont United Methodist Church

2007 Acklen Ave

Nashville TN 37212

NA:

Out To Lunch Bunch

When: Mon-Friday, 12pm – 1pm; Saturday 10:30 a.m.

Where: Belmont United Methodist Church 2007 Acklen Avenue Nashville, TN 37212 ([map](#))

Description: (Open Discussion)

An AA primer for visitors

1. Guests who are not alcoholic can attend OPEN meetings. These are designated as either “Open Discussion” or “Open Speaker” meetings on the Middle Tennessee AA website (<http://www.aanashville.org/meetings.html>). You may also be interested in this brief video: <http://www.videostreamingservices.com/aa/cpc/health/index.php?lang=en&sub=on>
2. Meetings start on time and last an hour.
3. A chairperson will lead the meeting, which often opens with the AA preamble.
4. Next, there may be a moment of silence, followed by the Serenity Prayer.
5. In the unlikely event that you are called upon or asked about your attendance, please indicate that you are a medical student visitor who is learning about AA. [Note, the term “Newcomer” in AA does not refer to someone just visiting but refers to someone who is coming to AA for the first time for alcohol difficulties. So, make sure that you do not respond affirmatively if Newcomers are asked to indicate their presence unless you are also there seeking help with alcohol problems.]
6. Introductions may be made around the room—please provide only your first name in that case.
7. A basket may be passed around during the meeting to take up a collection for supporting the meeting (e.g. renting the room, refreshments, etc.). It is up to you to decide if you would like to contribute.
8. The End of the Meeting—usually, everyone stands together and holds hands with their neighbor, often with a closing prayer.
9. Please remember that AA meetings are anonymous—please treat information learned at AA as strictly confidential and protect anonymity.

The AA Preamble

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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The Serenity Prayer

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.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

--Reinhold Niebuhr

The Twelve Steps

The Twelve Steps

AA's Twelve steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

- From *The Twelve Steps and Twelve Traditions*, page 15.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short comings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Traditions

AA's Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which AA maintains its unity and relates itself to the world about it, the way it lives and grows.

- From *The Twelve Steps and Twelve Traditions*, page 15.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose - to Carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.