



OUR BEST PRACTICES

There are several practices we have found imperative in our personal and inter-personal growth, they can be remembered as the 5S's:

Showing Up, Sharing, Spirituality, Sponsorship, and Service

Showing Up

Attendance is open and encouraged for everyone. Please *Keep Coming Back*. What we have to share with each other cannot possibly be communicated in one or two hours together. Meetings keep us in touch with where we've been, but more importantly with where we can go – with the help of others and our higher power.

Sharing

Sharing with each other is a basic tool in our program. The therapeutic value of one person helping another without parallel. For anyone who wants our way of life, we share our *experience, strength, and hope*. We try to refrain from condemnation, moralizing, stigmatizing, preaching, and judgment. Our primary focus lies on our similarities rather than our differences. We offer each other *suggestions* based on what we have found works for us.

Spirituality

This is a spiritual, not religious program. What we mean by that is we stress the importance of *living* by positive spiritual principles. We believe that each member has complete freedom to their own belief system.

Sponsorship

We have found it helpful to speak regularly and build a relationship with a Sponsor. Sponsorship is a two-way street; it helps the newcomer and the sponsor. As newcomers, we find it helps us to grow if we have someone whose judgment we trust, in who we can confide, and support us through difficulties we may encounter with an understanding, non judgemental ear and a different perspective.

Service

We can only keep what we have by giving it away. Service to others is essential for personal growth. We learn to work together, solve problems, overcome obstacles, and help others. It also serves to get us outside of ourselves. Service also extends beyond the walls of our meeting spaces, in everyday life and society at large.