



F R E E D

*F*ellowship in Recovery

*R*econciliation to God and
His Family

*E*ducation about Addictions,
Dependencies and Compulsions

*E*dification through Faith in Christ

*D*edicated Service to Friends in
Christ's Love and Friendship

Samples of Individual Problems
To overcome with our „24-Hours-Program“
One Day at a Time :

- ✓ ADD - Syndrome
- ✓ Alcoholism
- ✓ Anorexia
- ✓ Bulimia
- ✓ Co-Dependencies
- ✓ Controlling
- ✓ Depressions
- ✓ Diseases, Death in Family
- ✓ Drug Addictions
- ✓ Dysfunctional Families
- ✓ Eating-Disorders and Addictions
- ✓ Gambling
- ✓ Life Threatening Problems
- ✓ Mobbing
- ✓ Might controlling Compulsions
- ✓ Nicotine
- ✓ Perfectionism
- ✓ Pornography
- ✓ RLS - Restless Legs Syndrome
- ✓ Sexual Addictions
- ✓ Spending and Debt Dependencies
- ✓ TV-, PC-, Internet-Compulsions
- ✓ Violence Compulsions and Anger
- ✓ Workaholism
- ✓ Zillion Problems which cannot be
solved by ourselves...but by God.

Overcomers Outreach

Christian
12-STEP-
Recovery Groups

C12undC12-
Network
German-English

German Web-Site:
www.C12undC12.net

e-mail:
english@C12undC12.net

Inter-Group
Europe-Germany

Phone:

+ 49 - (0)4721 - 667 550

© C12undC12

Preamble

WE are a fellowship of men and women who are directly or indirectly afflicted by addictions, dependencies, compulsions, life controlling problems or any kind of human distortion in mind and soul handicapping our lives seriously.

WE firmly believe that if we turn our lives and individual problems over to a loving and caring God for His Help practising the biblical principles He has given us through His Holy Word we will be granted the strength, power and freedom for a useful and enjoyable life we are really longing for in our minds and hearts.

WE believe that Jesus Christ is our personal 'Higher Power' – our Lord and Savior. There is no space and time with us for theological discussions. The very personal relationship to Jesus Christ is the only crucial centre of our fellowship.

WE welcome any person who is ready and willing to go to any length being changed by the universal principles of the 12 Steps and the 12 Traditions. Our common welfare and recovery in the fellowship are first and only depending on the Grace of God and can only be fulfilled by the willingness and readiness to accept God's abundant Help and His unconditional Love to be FREED.

The only purpose is sharing our experiences, strength and hope and to pass on God's Love and Faith in Christ Jesus.

© C12undC12

Serenity Prayer

Dear Father,

Grant me today Your Peace
and Your Serenity
to accept the things and
problems of my life for good
that *I cannot* change,

And Your Humility and Courage
to change the things and
problems of my life for good
I can,

And Your Wisdom
To know the difference.

Amen!

Prayer of Reinhold Niebuhr

- A free interpretation -

© C12undC12

C12
und
C12
Christian
12 STEP
Recovery
Groups