

“Medically Assisted Recovery Anonymous”

“The M.A.R.A. Twelve Steps”

One: We admitted we were powerless over our disease of addiction and that our lives had become unmanageable.

Two: We came to believe that powers greater than ourselves could help restore us to sanity.

Three: We made a decision to turn our will and our lives over to the care of a Higher Power or GOD, as we understood GOD.

Four: We made a searching and fearless inventory of our defects and assets.

Five: We admitted to GOD, to ourselves, and another person the contents of our inventory.

Six: We became entirely ready to have GOD remove our defects of character.

Seven: We humbly asked GOD to remove our shortcomings.

Eight: We made a list of all the harm we have done, and became willing to make amends.

Nine: We made amends wherever possible, except when to do so would cause more harm.

Ten: We continued to take a personal inventory and when we were wrong promptly admitted it.

Eleven: We sought through prayer and meditation to improve our conscience contact with GOD, as we understood GOD.

Twelve: Having had an awakening of our spirit as a result of these steps, we tried to carry a message of recovery to those who still suffer and to practice spiritual principles in all our affairs.

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“ We Do Recover ”

Our personal stories may vary in individual pattern but in the end we all have the same thing in common. This common illness or disorder is Addiction. We know well the things which make up addiction: obsession, compulsion, negativity, and self-centeredness.

When at the end of the road we find that we can no longer function as a human being, either with, or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends: *misery, jails, institutions, or death - or find a new way to live.*

In years gone by, very few recovering people ever had this last choice. Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many people. It is available to us all. This is a *simple, spiritual, not religious*, program known as: “Medically Assisted Recovery Anonymous”

“Medically Assisted Recovery Anonymous”

“The M.A.R.A. Twelve Traditions”

One: Our common welfare should come first; personal recovery depends on M.A.R.A. unity.

Two: For our group purpose there is but one ultimate authority; a loving GOD as God expresses Itself through group conscience in our service meetings.

Three: The only requirement for membership is a desire to seek recovery from the disease of addiction.

Four: Each group is autonomous; except in matters affecting other groups, or M.A.R.A. as a whole.

Five: Our primary purpose is to carry our message of recovery to the person who still suffers.

Six: M.A.R.A. ought to never endorse, finance, or lend the M.A.R.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige, divert us from our primary purpose.

Seven: Every M.A.R.A. group ought to be fully self-supporting; declining outside contributions.

Eight: M.A.R.A. may create Service Centers or Committees, but they must be directly responsible to M.A.R.A. members.

Nine: Every M.A.R.A. group should remain forever non-professional, but our Service Centers may employ workers-professionals included- if needed to carry out essential business matters.

Ten: M.A.R.A. has no opinions on outside issues; hence the M.A.R.A. name ought never be drawn into public controversy.

OVER...

Eleven: Our public relations policy is based on the attraction of our members personal recovery, but we should maintain personal anonymity at the level of: press, electronic media, and films. We can advertise to the public but, we should present an identified person as a spokesperson.

Twelve: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Understanding these traditions comes slowly over a period of time. We learn about them as go to groups, talk to other members, and participate in service meetings. When we practice the spiritual principles incorporated in the “Twelve Traditions of M.A.R.A.” our interactions with others in groups, service meetings, and society improve. These traditions are the ties that bind us together in unity of purpose and unconditional love.



“How Medically Assisted Recovery Anonymous” Works”

The first step to recovery is to want to change. When you start acting on the desire to stop using drugs you are in recovery. If you are using a medically-assisted method of recovery in strict co-operation with a medical professional and/or a counselor - you are in recovery. But, please do not self-medicate, follow the regiment you have worked out with the person or facility you are working with. We in M.A.R.A. consider a relapse to be: taking prescribed medicine not as directed, using another person’s prescribed medicine, or using other mood-altering chemicals – whether that be: illegal street drugs or alcohol.

If you are not currently using medically-assisted recovery - or if you never have - you are welcome here. We are a fellowship of recovering people who focus on widening the scope recovery from addiction to all persons. We welcome all people seeking recovery. Please, just keep coming back.

A meeting a day for at least the first ninety days of recovery is a good idea. If there are not enough M.A.R.A. meetings to do that you could go to other Twelve Step fellowships meetings near you, or, you can start a meeting yourself. There is a special feeling of empathy created for recovering people when they discover that there are other people who share their difficulties, past and present. The sense of fellowship and unity created in meetings will strengthen our recovery. Meetings keep us in touch with where we’ve been, but more importantly with where we can go in our recovery – with the help of others and our Higher Power.

Sharing with fellow recovering people is a basic tool in our program. The therapeutic value of one person helping another has always been the basis of twelve step programs. It is the help that says, “I have had something like that happen to me, and I did this...” For anyone who wants our way of life, we share our experience, strength, and hope, instead of condemnation, preaching, and judgment.

We suggest starting to pray and developing a concept of a Higher Power or GOD as soon as possible. This is a spiritual, not religious program. What we mean by that is we stress the importance of living by positive spirituals like: acceptance, compassion, faith, generosity, honesty, humility, open-mindedness, and willingness, to name a few. We believe that each member has complete freedom to their own believe system. Our only suggestion is that your GOD be loving and caring.

We have found it helpful to have a sponsor, and, to use this sponsor. Sponsorship is a two-way street; it helps the newcomer and the sponsor. As newcomers, we find it easier to recover if we have someone whose judgment we trust and in, and in who we can confide. We cannot afford to lose sight of the importance of sponsorship; experience has shown us that those who get the most out of the M.A.R.A. program are those to whom sponsorship is important.

Another tool for recovery is involvement with the Fellowship... Our work can begin with simple actions: setting up the meeting, greeting people, cleaning up, chairing the meeting, or passing out literature. Eventually, we can get involved in a structured service position. Doing these things helps us feel a part of the fellowship. This way we keep what we have by giving it away.

The ability to face problems is necessary to stay clean. The disease of addiction is much more than unmanageable drug use. It goes much deeper into our soul. Through working the "Twelve Steps" we will see the depth of our addiction in all areas of our lives and find solutions to those problems. Recovery is an active change in our ideas and attitudes, and with the help of GOD, a sponsor, and others we can find a new way of life.

We will face the desire to return to our old ways at times. Some of the most common excuses for returning to using or abusing drugs are: loneliness, self-pity, sickness, or fear. Dishonesty, close-mindedness, and unwillingness are three of our greatest enemies. Self-obsession and negativity are at the core of our disease. Our disease of addiction involved much more than just using drugs, so our recovery must involve much more – we must use the tools of the program one day at a time.

What is Medically Assisted Recovery Anonymous?

M.A.R.A. is a non-profit fellowship of men and women for whom drug use had become a major problem. Most, but not all of us, found this program after going to some facility to seek help with our addiction to various drugs.

There is only one requirement for membership – the desire to free ourselves from the drugs that had overpowered and enslaved us and to find recovery and a new way of life. While trapped in our active addiction we became surrounded in a drug controlled world in which our main focus was: the getting, and using, and ways and means to get more. Our living and coping skills were reduced to an almost animalistic level. Today, with each other's help we can learn new coping and life skills. Recovery is possible.

M.A.R.A. has no requirements. No referrals are needed. We have no initiation fees, no contracts to sign. Nothing is required of you and you are free to come and go as you like. We will not chase you down or try to force you to seek recovery. You are a member of this fellowship when you say you are. We welcome all who attend our meetings with open arms.

We, as a fellowship don't focus on what your drug of choice was, what happened in your past, or who you may have harmed, but instead, what you want to do about your problem – and how we can help. We believe that through using the tools of this program and using whatever recovery options you choose we can lose the desire to use and find a new way of life

“Medically Assisted Recovery Anonymous”

“Green and Growing Group Format

(Chairperson reads: Hi, my name is _____. I'd like to welcome you our home-group. Let's start our meeting with a moment of silence followed by the "Serenity Prayer". Our group meets here every Monday at 5:30pm. This is an: open discussion meeting. This is also a non-smoking meeting, but if you choose to go outside & smoke please put your trash in the Ash-can provided. At this time please silence any electronic devices you may be carrying. If you have any papers you would like to get signed, pass them to me now & you can pick them up at the end of the meeting. Also, this group is an autonomous & independent M.A.R.A. group & we are not affiliated with the facility we hold our meeting in.

At this time we would invite people to introduce yourselves - *if you wish* - who are new to M.A.R.A. (Pause)_____, new to this meeting (Pause)_____, or visiting from out-of-town (Pause)_____.

Welcome everyone!

Would someone please read:

What Is Medically Assisted Recovery Anonymous _____ .

The Twelve Steps of Medically Assisted Recovery Anonymous _____ .

How Medically Assisted Recovery Anonymous Works _____ .

Twelve Traditions of Medically Assisted Recovery Anonymous _____ .

The meeting is now open for discussion. We suggest that you share your own experiences about your recovery journey – and not give advice or directions to others – after all, we are not Doctor's or Professionals! We are recovering people sharing our experiences, so that in the spirit of unconditional love and empathy we can help support one another.

(Chairperson : At 6:30pm take the meeting back !) I would like to thank everyone for attending today's meeting. We can do together what we could never do alone: Start recovering, and find a new way of life. At this time I will pass the "Seventh Tradition" basket. The Seventh Tradition of M.A.R.A. states, "Every M.A.R.A. group ought to be fully self-supporting, declining outside contributions." In M.A.R.A. we support ourselves and pay our own way. The money we collect from 7th Tradition donations goes to pay for: Rent, Literature, Service Comm. supplies. Any money we have left over is donated to the, "M.A.R.A. Service Committee. Would _____ give out the key-tags. Are there any M.A.R.A. related announcements _____. The 12th Tradition of M.A.R.A. states, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities". Part of what this means is that what you hear here, and who you see here, let it stay here !!! Feel free to share the message of recovery, but not the names of the messengers. Would _____ read: We Do Recover. Let's close our meeting with the "Acceptance Prayer"

The M.A.R.A. Prayer

**GOD, please grant me the ability to accept my
addiction,**

Free from my bondage to self and addiction,

**Help me to practice the teachings
of the program,**

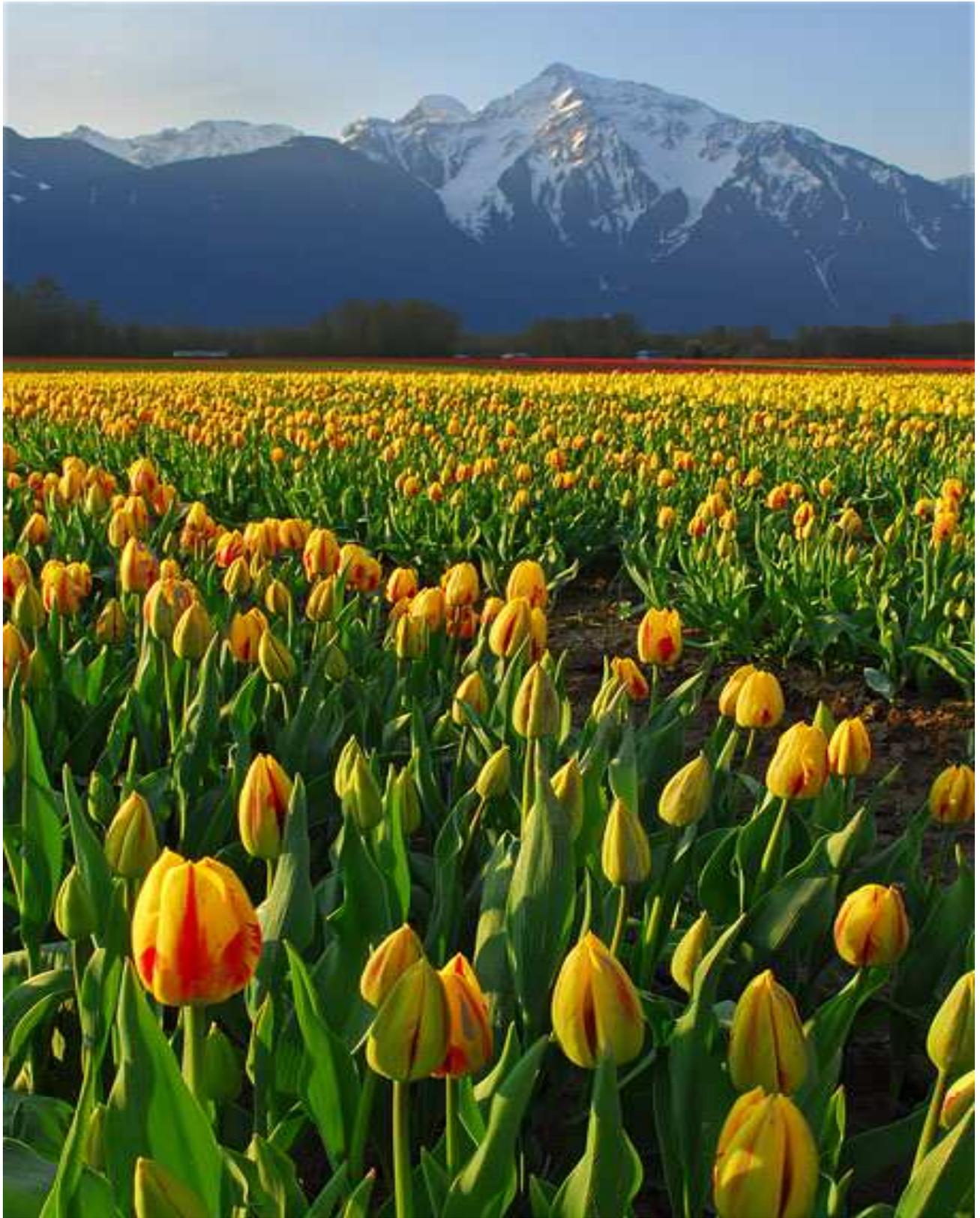
**Bless me with gratitude for this precious gift
of recovery,**

**Guide me in the path of acceptance and
understanding of my fellows,**

Keep my tongue away from gossip and envy,

Help me to grow spiritually and emotionally,

**And please grant me the greatest of all gifts –
the ability to help others seeking recovery.**



WELCOME

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Meeting schedule

Green and Growing group, Mondays, 5:30pm – 6:30pm @ 306 Turner Rd. Suite L, Richmond, VA.
(In SAARA Center for Recovery office in the Cloverleaf Office Park complex)

Freedom to Recover group, Tuesdays, 10:30am – 11:30am, 905 Southlake Blvd. Suite C, Richmond, VA. (In the large group room in offices of the Family Counseling Center for Recovery)

All Are Welcome group, Wednesdays, 12:30pm – 1:30pm @ 9609 Jefferson Davis Hwy. Richmond, VA (In large group room of the offices of Richmond Southside Treatment Center)

For more information call William H. @ 804-400-3919, or, come to our Service Committee meeting the last Tuesday of each month @ 10am at 905 Southlake Blvd. - Suite C. Richmond, VA. in the offices of F.C.C.R.