

# PIR H.E.L.P

HOPE. ENCOURAGEMENT. LOVE. PATIENCE.

FRIDAYS AT 8PM EDT

ZOOM ID:

PASSWORD:

(REVISED 11/22/22)

*PRE-MEETING*

**PIR H.E.L.P**

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**Find people to read:**

- The Preamble
- The 12 Steps

# INTRODUCTION

*(read by the trusted servant)*

# PIR H.E.L.P

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## [DON'T SHARE SCREEN]

Hello! My name is *[Trusted Servant's Name]* and I'm *[Qualifiers- an Addict, an Alcoholic, In Recovery, a Sex Addict, etc.]*. Welcome to PIR H.E.L.P., (or Hope, Encouragement, Love, & Patience.)

# *THE SERENITY PRAYER*

*(regular form, read together)*

# PIR H.E.L.P

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**[SHARE SCREEN]**

**Gods, grant me the Serenity  
to accept the things I cannot change,  
Courage to change the things I can,  
and the Wisdom to know the difference.  
So mote it be.**

# *PREAMBLE*

*(read by a friend in recovery)*

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**Pagans in Recovery (PiR) is a 12 Step/12 Tradition fellowship based on the example pioneered by Alcoholics Anonymous. Our wish is to assure people seeking recovery that they can recover without having to accept anyone else's beliefs or to deny their own. We welcome people who follow alternative spiritual paths, including those who worship or work with one or more Goddesses, Gods, Spirits, Energies, Powers, or Ancestors, and whose spirituality may include magical practices.**

**PIR does not seek any conflict or controversy. Nor are we allied with any sect, denomination, politics, organization, or institution. Our primary purpose is to help one another and ourselves to achieve and maintain recovery. Pagans in Recovery is not specific to any individual Twelve-Step program, nor do we wish to compete with or replace any of them. Rather, PiR is available to all who need it, to be used in conjunction with the Twelve Step programs we individually are involved in. Because of this diversity of our community we define recovery in multiple ways. As such, the recovery language used in our meetings, for example "sobriety" is left up to each individual.**

# *PREAMBLE*

*(read by a friend in recovery)*

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**The format for this meeting is an Open, 12 Step Discussion-based, Pagans in Recovery Meeting, and is open to all 12-step fellowships. We seek to support each other with hope and encouragement, providing a place of calm and safety for people to get (and stay) inspired and hopeful in their Recovery. The chairperson will select a topic, reading, or other inspiration along these lines, share on it, and then the meeting will be open for general discussion.**

**PIR H.E.L.P meets Fridays at 8PM Eastern Standard Time. Pagans in Recovery has meetings every day of the week, and you can find the meeting schedule at [pagansinrecovery.org](http://pagansinrecovery.org)**

# *THE 12 STEPS*

*(read by a friend in recovery)*

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- (1) We admitted we were powerless over our addiction; that our lives had become unmanageable.**
- (2) Came to believe that Powers greater than ourselves could restore us to sanity.**
- (3) Made a decision to turn our will and our lives over to the care of our Gods as we understood them.**
- (4) Made a searching and fearless moral inventory of ourselves.**
- (5) Admitted to our Gods, to ourselves, and to another human being the exact nature of our wrongs**
- (6) Were entirely ready to have our Gods remove all these defects of character.**
- (7) Humbly asked our Higher Powers to remove our shortcomings.**
- (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, meditation, and our craft to improve our conscious contact with our Higher Powers (as we understand them), praying only for the knowledge of their 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 others, and to practice these principles in all our affairs.**

# MEETING ANNOUNCEMENTS

*(read by the trusted servant)*

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## [STOP SCREEN SHARE]

**-Since Pagans in Recovery includes people recovering in all fellowships, not just drugs and alcohol, we ask that you refrain from eating, smoking, drinking, or any other disruptive behaviors while on camera. If necessary, please turn off your camera temporarily.**

**-We encourage newcomers, to this meeting or PIR in general, to share. Is there anyone here who would like to be recognized, either new to recovery or at this meeting for the first time? Please give us your first name so that we can welcome you.**



# *GROUP UNITY POLICY*

*(read by the trusted servant)*

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**In order to maintain an atmosphere of recovery and to maintain unity within PIR, the group asks everyone attending to refrain from aggressive and disruptive behavior of any kind during this meeting. The chairperson may ask you to stop the disruptive behavior. If you do not, you may be temporarily kicked out of the meeting for that day. Repeat and egregious offenses may lead to banning. It is vitally important that we respect each other and this virtual space in order to maintain a safe space for all of those in recovery. Please let the chairperson know privately if anyone is harassing you.**

# *DISCUSSION TOPIC*

*(read by the trusted servant)*

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**I have selected a topic for this meeting.**

*[Trusted Servant gives topic and shares Experience, Strength, and Hope]*

**Please be mindful of your time while sharing so that everyone has a chance to share. If this topic doesn't resonate with you, please feel free to share on whatever is on your heart and mind.**

## ***5 MINUTES TO CLOSE***

*(read by the trusted servant)*

# **PIR H.E.L.P**

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**Does anyone have a burning desire, meaning that if you don't share your sobriety may be in jeopardy, or you'll hurt yourself or someone else.**

*[let people share if they need to]*

**If you didn't get a chance to share, please find someone after the meeting to talk to.**

**-This group supports sponsorship. If you are willing and able to be a sponsor, please put an 'X' in the chat, along with which program you can sponsor in. (AA, NA, OA, Al-Anon, etc)**

## ***5 MINUTES TO CLOSE***

*(read by the trusted servant)*

# **PIR H.E.L.P**

**HOPE. ENCOURAGEMENT. LOVE. PATIENCE.**

**-This group is also fully self-supporting, in accordance with the 7th tradition. If you wish to put a dollar in the basket, please see the chat box for the ways you can do so.**

*[Put in chat how people can donate. PayPal, venmo, cashapp, Facebook pay, etc]*

**-Does anyone have a recovery birthday or milestone they would like recognized?**

**-Are there any Recovery related announcements?**

# *IN CLOSING*

(read by the trusted servant)

# PIR H.E.L.P

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*(Trusted Servant)*

**Let's close this meeting with another moment of silence and gratitude for all of those who have read, shared, and listened, followed by another prayer:**

# THE SERENITY PRAYER

*(the "we" form, read together)*

**[SHARE SCREEN]**

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**Gods, grant us the Serenity  
to accept the things we cannot change,  
Courage to change the things we can,  
and the Wisdom to know the difference.  
So mote it be.**

# LITANY AGAINST FEAR

*(read together)*

# PIR H.E.L.P

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**[SHARE SCREEN]**

**I must not fear.**

**Fear is the mind-killer.**

**Fear is the little-death that brings total obliteration**

**I will face my fear.**

**I will permit it to pass over me and through me.**

**And when it has gone past I will turn the inner eye**

**to see its path.**

**Where the fear has gone there will be nothing.**

**Only I will remain.**

# *HAIL DAY PRAYER (VALKYRIE PRAYER)*

*(read together)*

# PIR H.E.L.P

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**[SHARE SCREEN]**

**Hail, the day!  
Hail, the sons of day!  
Hail to night and her sisters!  
Look on us here with loving eyes,  
And give us victory.  
Hail to the gods!  
Hail the goddesses!  
Hail the hospitable Earth!  
Give to us wisdom and eloquent speech,  
And healing hands, all life-long.**



*CLOSING PRAYER - OUR MOTHER*

*(BY KATE M.)*

*(read together)*

**[SHARE SCREEN]**

**PIR H.E.L.P**

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**Our Mother, who art in Everything  
Sacred be the name Gaia.  
Thy kingdom here. Thy will be clear.  
As above so below.  
Give us this day your daily blessing  
And forgive us our ignorance  
As we strive to enlighten ourselves in your name.  
Guide us on Our path without err  
And protect us from erring against ourselves, others, and  
You  
Thine is the world, the magic, and the soul.  
Now and forever. So mote it be.**

# *CLOSING PRAYER*

*(read together)*

# PIR H.E.L.P

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**[SHARE SCREEN]**

**May the sun bring us new energy by day  
May the moon softly restore us by night  
May the rain wash away and cleanse our worries  
May the wind blow away any negativity  
May the earth remind us to ground in our power and  
strength  
May we walk gently through life and  
know its beauty in all the days of our life  
As above, so below, As within, so without, And so it  
is.**

# *SET ASIDE PRAYER*

*(read together)*

# PIR H.E.L.P

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**[SHARE SCREEN]**

**Higher Power, please help me set aside everything I think I know about myself, about others, about the twelve steps, the meetings, my disease, and about you - so that I may have an open mind and a new experience with all these things.**

**Please help me see the truth.**

# *THE WAY PRAYER*

*(read together)*

**[SHARE SCREEN]**

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**The way is long  
Let us go together.  
The way is difficult  
Let us help each other.  
The way is joyful  
Let us share it.  
The ways is ours  
Let us go in love.  
The way grows before us  
Let us continue our paths.  
So Mote It Be.**