

UNSHELTERED ANONYMOUS

Unsheltered Anonymous U.A. Preamble:

Unsheltered Anonymous is a community of individuals who share their journey, resilience, and hope with one another to address their shared challenge of homelessness. We come together to find solidarity, to explore the mental and spiritual aspects of our circumstances, and to support each other towards a life of stability and self-reliance. The only requirement for membership is the willingness to embrace change. There are no dues or fees for U.A. membership; we sustain ourselves through our collective contributions. U.A. is independent of any religious, political, or institutional affiliations and does not participate in public debates. Our singular mission is to discover paths to enduring self-sufficiency and to offer guidance to others who face the hardships of homelessness, fostering transformations in both mind and spirit.

The 12 Steps of Unsheltered Anonymous:

1. We admitted we were powerless over our situation — 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 the Spirit of the Universe as we understood it.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to the Spirit, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have the Spirit of the Universe remove these defects of character.
7. Humbly asked It 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 and meditation to improve our conscious contact with the Spirit of the Universe, as we understood it, praying only for knowledge of Its 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 the unsheltered and to practice these principles in all our affairs.

The 12 Traditions of Unsheltered Anonymous:

1. Our common welfare should come first; personal recovery depends upon U.A. unity.
2. For our group purpose, there is but one ultimate authority — the loving Spirit of the Universe as It may express itself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for U.A. membership is the desire to strive for change and self-sufficiency.
4. Each group should be autonomous except in matters affecting other groups or U.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the unsheltered who still suffer.
6. A U.A. group ought never endorse, finance, or lend the U.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every U.A. group ought to be fully self-supporting, declining outside contributions.
8. Unsheltered Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. U.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Unsheltered Anonymous has no opinion on outside issues; hence the U.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, films, and television.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Promises of Unsheltered Anonymous:

If we are diligent in our journey, we will marvel at the transformation that begins to unfold. We will come to know a newfound sense of home that resides within us, not bound by walls. We will find peace in knowing that our experiences, no matter how difficult, can contribute to our growth and the well-being of others. As we let go of our past burdens, we will see our present circumstances with greater clarity and hope for the future. No matter how far down the scale we have gone, we will see how our experiences can benefit others. The feelings of uselessness and self-pity will melt away. We will lose interest in selfish things and gain interest in our community. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us.

We will intuitively know how to handle situations that used to baffle us. We will realize that our constant struggle has transformed into a narrative of survival and triumph. As these promises materialize, we will discover the true meaning of serenity and we will know peace. No matter how constrained our circumstances may seem, the bondage of homelessness will slip away, and we will be free to live a life filled with dignity and purpose. We will suddenly comprehend the simple joys of existence and the full significance of our place in the world. We will see that the universe is doing for us what we could not do for ourselves. These promises unfold as we progress on the path laid out by Unsheltered Anonymous. They are not always experienced in order, and the depth of their fulfillment is often proportional to the faith and work we put into this program. By embracing these steps and promises, we become part of a journey toward lasting change, not only for ourselves but also for those who walk with us.