

CZR Step Study

Step Twelve – Week 1 of 3

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 areas of our lives.

Essential

Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.¹

1. Read *COSA Step Twelve: Working the COSA Twelfth Step* booklet/chapter up to the Voices. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
2. Spend some time each day thinking about/meditating on the words of Step Twelve. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).²

Please read and answer the questions below.³

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. Step Twelve asks us to carry the message to others and suggests that we use our experience to be of service. How do you see yourself carrying the message?
4. Service can take many forms. How have you already been giving service?
5. How else might you be of service to others as a way of working this Step?
6. What would “sober service” look like for you? Consider writing Service Circles. ([The COSA Meeting Guide](#) may be helpful in establishing what your “sober service” looks like.)
7. One traditional way to be of service in working Step Twelve is to sponsor others. If you have not already started sponsoring, are you willing? Do you feel ready? If not, what do you need in order to be ready?
8. Spend some time in prayer and meditation on the topic of service. What is your Higher Power communicating to you about the call to service?

¹ Adapted from Herb K's [Way of Life](#) document

² South Bay Step Group by Amy MJ and Brian T

³ Walk in the Light Step Study

9. Step Twelve holds the promise that during the course of working the Steps, we will have a spiritual awakening. Do you feel you have experienced a spiritual awakening? If so, what did that look like for you? If not, what has it been like to work the Steps?

Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

Recommended

10. Read and highlight [Chapter 7](#) from the *Big Book* | Alcoholics Anonymous the entire chapter.
11. Affirmations: Ask several friends - possibly your sponsor or those who have traveled this recovery path with you - to write down one to several sentences that describe your talents, abilities, and strengths. Each of these can serve as an affirmation and source of inspiration as you continue to walk this path. (The more specific they can be, the more helpful the affirmations will be to you.)⁴

Optional

12. Listen to [Arizona Step Study](#) Mp3 on Sponsorship Part 2.
13. At any meeting you attend, ask how you might be of service. Another option is to ask any Intergroup representative about service at the Intergroup level. If you don't have a representative, write to cosazoomroom@yahoo.com and ask what kind of service might be available. Learn about [Ways to be of Service | COSA-Recovery](#) on the ISO level.

Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

⁴ The Gentle Path Through the Twelve Steps by Patrick Carnes

CZR Step Study

Step Twelve – Week 2 of 3

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 areas of our lives.

Essential

Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.⁵

1. Choose at least three readings from the COSA Voices in the *COSA Step Twelve: Working the COSA Twelfth Step* booklet/chapter.
2. Choose at least three questions to answer from the *COSA Step Twelve: Working the COSA Twelfth Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.

Please read and answer the questions below.⁶

3. Step Twelve instructs us to “practice these principles in all areas of our lives.” What does this mean to you? There are “principles” that align with each Step, but the word “principles” in this context is a synonym for the Steps themselves.
4. How are you practicing these principles in other areas of your life?
5. How has practicing the principles of 12-step recovery affected those other areas?
6. What other areas of your life would benefit from the practice of these principles?
7. Pull out those “God is/is not” lists from Step Two again. Has the way you see God changed over the course of working the Steps?⁷
8. How has your understanding of your Higher Power or your relationship with your Higher Power changed?
9. Step Two tells us that a Higher Power can “restore us to sanity.” What does “sanity” mean to you today?
10. Do you feel that you have been restored to any measure of sanity?

⁵ Adapted from Herb K’s [Way of Life](#) document

⁶ Walk in the Light Step Study

⁷ South Bay Step Group by Amy MJ and Brian T

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Recommended

11. **Story In Three Sentences.**⁸ For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.

- a. Sentence 1: The Story—Write out (in one sentence) how having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all areas of our lives.
- b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
- c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

Example:

- a. **The Story:** *My lack of self-worth is sometimes a challenge. The “I can’t,” “I’m not good enough,” and “I don’t know how” messages were a hindrance to moving forward.*
- b. **What do you wish you had either not done or done differently?** *I wish I had not looked to myself and my own perceived deficiencies rather than looking to my Higher Power for my worth.*
- c. **What would have been a better choice?** *I would choose to remember that “God needs me” and will give me the strength and insight to do what needs to be done at the right time, and I am grateful that today, I find sharing the message a joy.*

⁸ Adapted from Dennis F - [website](#)

Optional

COSA Service Options Presentation

12. Read the *COSA Service Options Presentation*. See Step Study→ Step Twelve→[COSA Service Options Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
13. If you have not yet done so, go to the [COSA Recovery website](#) and read about possible ways of serving COSA that may be unknown to you. If you would like to know more about the International Service Organization of COSA and how it works, ask your Intergroup Representative or Delegate for more information. If a committee in particular interests you, [write](#) and ask for more information or how you might be of service.
14. Email the cosazoomroom@yahoo.com for more opportunities for service in the Cosa Zoom Room.

Forever Optional Assignments

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CZR Step Study

Step Twelve – Week 3 of 3

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 areas of our lives.

Essential

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God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.⁹

This final week, no homework is assigned.

Questions for contemplation:¹⁰

1. How have I changed over the course of the year?
2. What part has working the Steps played in that?
3. What work do I feel I still have ahead of me?
4. Some of us say that Twelve-Step work is never “done;” do I believe I can continue this work even after completing Step Twelve?
5. How do I carry the message forward to others? Service, sponsorship, and/or another way?
6. Reflect on the time spent doing the Twelve Steps and plan how you will serve in the future.

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⁹ Adapted from Herb K's [Way of Life](#) document

¹⁰ Walk in the Light Step Study

Optional

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- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
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