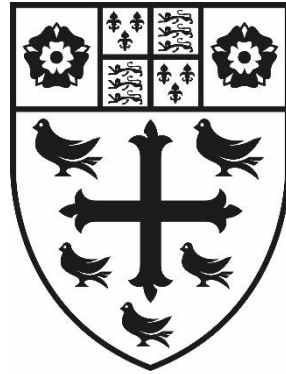


Westminster Abbey
St Margaret's Church



National Service to
celebrate 12 Step Recovery

“A New Freedom”

Tuesday 25th October 2022
7.00 pm

The All Party Parliamentary Group for the 12 Steps (APPG) exists to spread the message of 12 Step Recovery to policy makers, service providers, and the public at large. We organise Parliamentary evidence sessions, at which leading authorities on recovery brief policy makers on the latest research and innovations in treatment. We organise regional recovery fairs, which bring together 12 Step fellowships and connect them with local service providers. And we organise national recovery celebration events, to recognise the extraordinary joy that 12 Step Recovery brings to so many lives.

We want everyone to know about the free solution that is offered by the 12 Steps. By providing a forum for discussion in Parliament we seek to ensure that 12 Step Recovery finds a place at the heart of addiction policy in the UK.

We encourage anyone with an interest in working with the APPG on this important mission to get in touch (www.12stepsappg.com) so that we may all benefit from our shared experience, strength, and hope.

All Twelve Step programmes use a version of AA's suggested Twelve Steps first published in the 1939 book *Alcoholics Anonymous*, colloquially known as "The Big Book":

1. We admitted we were powerless over alcohol—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 God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him 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 God as we understood him, praying only for knowledge of his 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 alcoholics and to practice these principles in all our affairs.

In 2022, more than 30 different 'Anonymous' fellowships hold over 7,000 meetings weekly in the UK. These fellowships help tens of thousands of people to recover from all types of addictions and dependencies.

The whole of the church is served by a hearing loop. Users should turn their hearing aid to the setting marked T.

Photography, filming, and sound recording are not allowed in St Margaret's Church at any time. Please ensure that mobile telephones and other electronic devices are switched off.

The service is conducted by The Right Reverend Anthony Ball, Canon of Westminster and Rector of St Margaret's Church.

The service is sung by the St Margaret's Consort, conducted by Richard Pearce.

The organ is played by Thomas Trotter.

Music before the service:

Rhosymedre

Ralph Vaughan Williams (1872–1958)

ORDER OF SERVICE

All stand as the choir and clergy enter. The choir sings the Introit

DEEP peace of the running wave to you,
deep peace of the flowing air to you,
deep peace of the quiet earth to you,
deep peace of the shining stars to you,
deep peace of the gentle night to you;
moon and stars pour their healing light on you;
deep peace of Christ the light of the world to you,
deep peace of Christ to you.

John Rutter (b 1945)

Adapted from an old Gaelic rune

All remain standing. The Rector gives the Bidding

FOR this National Celebration Service we gather in the presence of Almighty God, trusting in God's steadfast love and infinite mercy, to give thanks for lives transformed through the 12-step programme and for all those who support the work of the fellowships. We welcome the hospitality offered to groups by churches and others. 76 years after the first fellowship was formed in this country, we celebrate our unity and strive to carry the message to anyone enslaved through addiction. We encourage a growing understanding of and expanded access to recovery through the 12-step programme.

Jesus declared that he had been sent "to proclaim release to the captives ... to let the oppressed go free". In this holy place we express our gratitude for the new freedom we enjoy and for the opportunities we are given to share it with others. As we examine ourselves we ask forgiveness from God and all those harmed by our actions or omissions. We seek God's guidance and strength for the purposes of our lives, committing ourselves anew to restoring relationships, serving the suffering and making known the healing freely available to all.

Now, with hearts full of hope, let us pray for those still suffering with addictions and remember why we are here.

Silence is kept.

The Lord Mancroft, Co-Chair of the APPG for 12 Step Recovery, gives a Message of Support

Representatives of 12 Step Fellowships present the Tradition 5 montage

All stand to sing the Hymn



AMAZING grace! How sweet the sound
that saved a wretch like me.
I once was lost, but now am found;
was blind, but now I see.

'Twas grace that taught my heart to fear,
and grace my fears relieved.
How precious did that grace appear
the hour I first believed.

Through many dangers, toils, and snares
I have already come.
'Tis grace hath brought me safe thus far,
and grace will lead me home.

The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be,
as long as life endures.

When we've been there a thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we first begun.

*Amazing grace 27 HON
American folk-hymn*

*after John Newton (1725–1807)
verse 5, John Rees (1828–1900)*

All sit. Dan Carden MP, Vice-Chair of the APPG for 12 Step Recovery, reads the First Reading

I WILL walk about in freedom,
for I have sought out your precepts.
I will speak of your statutes before kings
and will not be put to shame,
for I delight in your commands
because I love them.
I reach out for your commands, which I love,
that I may meditate on your decrees.
Remember your word to your servant,
for you have given me hope.
My comfort in my suffering is this:
Your promise preserves my life.

Psalm 119: 45–50

Thanks be to God.

Izzy K reads the Step 3 prayer

God, I offer myself to thee to build with me and to do with me as thou wilt. **Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy Power, thy love and thy way of life. May I do thy will always. Amen.**

Uz P gives a Testimonial

The choir sings the Anthem

THE Lord is my shepherd: therefore can I lack nothing.

He shall feed me in a green pasture: and lead me forth beside the waters of comfort.

He shall convert my soul: and bring me forth in the paths of righteousness, for his Name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff comfort me.

Thou shalt prepare a table for me against them that trouble me: thou hast anointed my head with oil and my cup shall be full.

But thy loving-kindness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

John Rutter
from Requiem

Psalm 23

Becca R gives a Testimonial

The Lord Brooke of Alverthorpe, Vice-Chair of the APPG for 12 Step Recovery, reads the Step 7 Prayer

I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

All stand to sing the Hymn



NOW thank we all our God,
with heart and hands and voices,
who wondrous things hath done,
in whom his world rejoices;
who from our mother's arms
hath blessed us on our way
with countless gifts of love,
and still is ours to-day.

O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us;
and keep us in his grace,
and guide us when perplexed,
and free us from all ills
in this world and the next.

*Nun danket 413 NEH
in Johann Crüger's Praxis pietatis melica 1647*

All praise and thanks to God
the Father now be given,
the Son, and him who reigns
with them in highest heaven,
the One eternal God,
whom earth and heaven adore;
for thus it was, is now,
and shall be evermore. Amen.

*Nun danket alle Gott Martin Rinkart (1586–1649)
translated by Catherine Winkworth (1827–78)*

All sit. The Rector gives the Address

The choir sings the Anthem

OTHOU, the central orb of righteous love,
Pure beam of the most high, eternal light
Of this our wintry world, thy radiance bright
Awakes new joy in faith, hope soars above.

Come, quickly come, and let thy glory shine,
Gilding our darksome heaven with rays divine;
Thy saints with holy lustre round thee move,
As stars about thy throne, set in the height
Of God's ordaining counsel, as thy sight
Gives measured grace to each, thy power to prove.

Let thy bright beams disperse the gloom of sin,
Our nature all shall feel eternal day,
In fellowship with thee, transforming clay
To souls erewhile unclean, now pure within. Amen.

Charles Wood (1866–1926)

Henry Bramley (1833–1917)

Representatives of 12 Step Fellowships present the Tradition 5 montage

All stand to sing the Hymn



MAKE me a channel of your peace:
where there is hatred let me bring your love,
where there is injury, your pardon, Lord,
and where there's doubt, true faith in you:

*O Master grant that I may never seek
so much to be consoled as to console;
to be understood as to understand,
to be loved, as to love with all my soul!*

Make me a channel of your peace:
where there's despair in life let me bring hope,
where there is darkness, only light,
and where there's sadness, ever joy:

*O Master grant that I may never seek
so much to be consoled as to console;
to be understood as to understand,
to be loved, as to love with all my soul!*

Make me a channel of your peace:
it is in pardoning that we are pardoned,
in giving of ourselves that we receive,
and in dying that we're born to eternal life.

Sebastian Temple (1928–97)

*Francis of Assisi (c 1181–1226)
translated by Sebastian Temple*

All say the Lord's Prayer

OUR Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

All remain standing. Zoe Birch, COO of Visible Recovery, leads the Promises

If we are painstaking about this phase of our development, we will be amazed before we are half-way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises? **We think not.** They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

The Rector pronounces the Blessing

GO forth into the world in peace; be of good courage; hold fast that which is good; render to no-one evil for evil; strengthen the faint-hearted; support the weak; help the afflicted; honour all people; love and serve the Lord, rejoicing in the power of the Holy Spirit; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

All say

**God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Amen.**

All remain standing as the procession moves to the west end of the church

Music after the service

Adagio in A minor BWV 564ii

Johann Sebastian Bach (1685–1750)

The costs of the service today have been met by Visible Recovery, a not-for-profit enterprise that seeks to spread the message of 12 Step Recovery to policymakers and service providers. Visible Recovery hopes to ensure that everyone in the UK who might benefit from the free and proven solution offered by 12 Step Recovery receives timely information about it, be that from health providers, the justice system, the education system, employers, or cultural and community groups.

Visible Recovery believes that whenever addiction is discussed, recovery should be part of the conversation. It hosts recovery fairs, evidence sessions, and education sessions, and – by supporting the work of the APPG on 12 Step Recovery – it seeks to improve connections between recovery organisations and policymakers.

If you would like to know more about Visible Recovery, or find out how you can support or get involved, please use the QR code below:



The APPG for 12 Step Recovery would like to thank our Benefactors for their generous support:

Alex and Holly Price

Robert Clarke

Thank you to our Tradition 5 Montage readers: Annabel J, Jacky P, Kate A, Bernie & Vernon H, Mary E, Martin B, Tom K, Ghislaine A, Angie M, Anaz C, Joel L

We would also like to thank Steps2Recovery for their steadfast and active support.

AA	Alcoholics Anonymous
NA	Narcotics Anonymous
CA	Cocaine Anonymous
Al-Anon	Families and Friends of Alcoholics
Co-Anon	Families of Cocaine Addicts
GA	Gamblers Anonymous
SAA	Sex Addicts Anonymous
OA	Overeaters Anonymous
CoDA	Codependents Anonymous
Nar-Anon	For those affected by someone's addiction
ACA	Adult Children of Alcoholics/Dysfunctional Families Anonymous
CoSA	For people affected by another's compulsive sexual behaviour
FA	Families Anonymous
CEA	Compulsive Eaters Anonymous
EDA	Eating Disorders Anonymous
MA	Marijuana Anonymous
SA	Sexaholics Anonymous
AlAteen	Teenage Children & Friends of Alcoholics
SLAA	Sex & Love Addicts Anonymous
EA	Emotions Anonymous
DA	Debtors Anonymous
DDA	Dual Diagnosis Anonymous
HA	Heroin Anonymous
Gam-Anon	Families of Gamblers
Pan	For all 12 Step Programs
RCA	Recovering Couples Anonymous
SIA	Survivors of Incest Anonymous
UA	Underearners Anonymous
WA	Workaholics Anonymous
CMA	Crystal Meth Anonymous