

Air Water Nourishment Anonymous

PREAMBLE:

Air, Water, Nourishment Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from all substance consumption, addiction, and compulsions. Our guiding principle is simple: **“Nothing that affects us above the neck.”**

Based on this principle, our fellowship abstains from substances that interfere with our mental, emotional, and spiritual clarity: **alcohol, drugs, nicotine, caffeine, and carbohydrates.**

To achieve and maintain our sobriety, we use the 12 Steps of AA as a framework for recovery. We define sobriety from carbohydrates the same way as Sugar and Carb Addicts Anonymous (SCAA).

The only requirement to attend these meetings is the willingness to entertain the idea of life without consuming these substances.

We meet daily at 3pm EST for an open meditation meeting.

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Can we please have a moment of silence for the still suffering addicts inside and outside these rooms?

*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*

Thy will not mine be done.

~

Thank you. Let there be no crosstalk. Crosstalk is giving advice, criticizing, asking questions, or interrupting the person speaking. However, it is not crosstalk to acknowledge another speaker or talk about how you relate to their share when it is your turn to speak.

12 STEPS:

1. We admitted we were powerless **over ALL substances that affect us above the neck and destroy our mental and spiritual clarity**—and 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 others who still suffer, and to practice these principles in all our affairs.

OUR PRIMARY PURPOSE:

Our fellowship has but one primary purpose—to carry the message of recovery to the person still suffering from substance addiction. Our shared experience is one of powerlessness over substances that affect us above the neck: **alcohol, drugs, nicotine, caffeine, and carbohydrates**. It is in this common problem that we find our common solution in the Twelve Steps.

We humbly ask that during our meetings, you keep your sharing focused on the problem of, and solution to, our addiction to these specific substances. By sharing together we offer the hand of Air, Water, Nourishment Anonymous to all who seek freedom, ensuring that our message of hope and clarity is here, pure and strong, for everyone who reaches for it.

AFFILIATIONS:

AWNA, is not affiliated with nor endorsed by Alcoholics Anonymous, but we do choose to use the Big Book, AA literature, Twelve Steps and Twelve Traditions to guide us.

Our program is meant to be suggestive only. We do not endorse any specific plan for nourishment, believing that each individual, with the help of the fellowship and a higher power, can discover what works best for them on their road to recovery.

CLOSING:

We meet everyday at 3pm EST.

*God, grant us the serenity to accept the things we cannot change
The courage to change the things we can
And the wisdom to know the difference*

Thy will, not ours, be done