

The Joy in Loving Family

Ingredients of Family Love '(A Baker's Dozen)

Filled

1. We believe we were powerless over the family we were born into and we wish our lives to become more serene and meaningful.
2. Came to believe that a Power greater than ourselves would bring us to harmony.
3. Made a decision to turn our will and ourselves over to the care of the loving God of our understanding.

Honey dipped

4. Made a searching and honest moral inventory of ourselves so that our fears and insecurities may leave.
5. Admitted to God, to ourselves and to another friend or family member the exact nature of our misunderstandings.
6. Were entirely ready to accept God's forgiveness for all our misgivings.

Sugared

7. Humbly asked God to reveal our many strengths and gifts.
8. Made a list of all persons we may have harmed and became willing to make amends to them all.
9. Made direct amends to all those we have harmed by openly and honestly admitting we contributed to the misunderstandings, unless it would bring more harm to them.

Raised

10. Continuously take personal inventory of ourselves, and honestly seek forgiveness for our misgivings.
11. Sought thoughtful prayer and meditation to improve our conscious contact with the God of our choosing, praying only for the knowledge of God's will for us and the courage to carry that out.
12. Having had a spiritual awakening of our gifts, we came to believe that with love and understanding, our family is a gift and we can share this message with others and apply these principles everywhere just for today.

Whole

13. Practicing random acts of kindness brings peace and joy and sows seeds of love amongst our families.