

A.R.T.S. Step Twelve Study Workshop Agenda

(Note: The suggested timing comes adds up to about 2 hours and 30 minutes.)

Opening

Leader/Facilitator: Welcome everyone. My name is _____ and I am a _____. I will be leading this workshop today. Also serving today are:

(Tech person and any others helping to run the workshop introduce themselves.)

Thank you for participating in today's workshop on Step Twelve. Keep in mind this is an opportunity for more intensive study than you might experience in a meeting. The workshop is designed to go for about 2 ½ hours with a ten-minute break.

The Twelve Steps of A.R.T.S. Anonymous are the program of recovery. The book *Alcoholics Anonymous*, where the Twelve Steps first appear, states, "Here are the steps we took, which are suggested as a program of recovery." Through the Twelve Steps it is possible to dismantle and move through the blocks that prevent us from fully engaging in our creative expression. By working the Steps, it is possible to find freedom from what holds us back.

This series of workshops is ending. We invite those who have participated to hold this series and share them with others. It is possible that those who work Steps become ready to sponsor others. By sharing experience, strength and hope, both sponsor and sponsee benefit. It is also possible that those who submit writing to the Literature Committee could have it included in future A.R.T.S. Literature.

All who wish to join me, let's begin with the Serenity Prayer.

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

We will now read the Steps of A.R.T.S. Anonymous. Are there volunteers willing to help read?

(Tech screenshares the Twelve Steps of A.R.T.S. Anonymous)

Leader/Facilitator: I will now give a brief overview of today's workshop.

-We will have a speaker for about 7-10 minutes.

-Followed by a Round Robin of introductions.

-We will then be presenting questions for writing on Step Twelve.

-Writing for about 20 minutes.

-There will be a ten-minute break.

-Then breakout rooms for sharing in a small group.

-Once we come out of the Breakout rooms there will be some additional questions for about 10 more minutes of writing.

-After that we will have open sharing of what people wrote, or what they wish to share about the Step or their experience at today's workshop.

Are there any questions before we go on? Much of this will become clearer as we go.

Speaker

Leader/Facilitator: Please allow me to introduce the Speaker for today, _____, who will share personal experience, strength and hope on Step Twelve.

(Allow up to 10 minutes for the Speaker. Tech gives a warning of time remaining if the Speaker wants it)

Leader/Facilitator: Thank you_____.

Round Robin/Introductions

We will now go into a round robin session. Everyone here has the chance to say something. In one minute or less, please introduce yourself by your first name and your art, and what do you hope to get today. I will go in the order of who I see on the screen until everyone has had their minute.

(Up to 20 minutes; it depends on the number present. Tech times)

Questions and Writing

Leader/Facilitator:

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to artists, and to practice these principles in all our affairs.

Step Twelve is where many of us come to enjoy the gifts of recovering our creative expression, including how to play a part in living, sharing and expressing those gifts. Step Twelve lets us know that we can become people capable of maximum service to ourselves, to others, and to our art.

The words of Step Twelve can be looked at in three parts. It tells of a “spiritual awakening” that comes “as the result” of the Steps. Such results might be experienced in a variety of ways. There can be sudden and clear experiences, or perhaps the results are slowly realized when looking back at progress. A spiritual awakening might also be found in the joy of sharing with others what was lovingly and enthusiastically given to us.

The words of Step Twelve also guide us to “carry this message to artists.” We don’t usually know how what we do or say for our own recovery can impact another. In the moments we decide to tell another of what we have found in A.R.T.S. Anonymous we can be surprised at the interest and enthusiasm in the

response from others. Many of us have found that the generous sharing of our recovery experience with others, including in service to the A.R.T.S. fellowship, helps to maintain our own spiritual awakening.

Step 12 also asks that we practice the principles inherent in the Steps in all aspects of our lives. A look back at the Steps can reveal what these principles are, and how we choose to live can be a measure of how we are living in the principles.

As artists in recovery, we can learn that we are giving something of value and importance to humanity and the world. We can discover unknown talents and resources, expanding the gifts we were born to. Service to others and our art prevents some of us from falling into old resentments, obsessions and insecurities. We can instead show gratitude for all we have learned and gained by sharing with others, which in turn can feed our own souls and spirit. The capacity to express ourselves through our creativity grows. We might find that the creative process reveals itself with a feeling of acceptance and love. Perhaps we become integrated into the ability to “enthusiastically follow our dreams,” (Talent 8). Step 12 is likely a never-ending practice, but many report a sense of freedom in their lives and their creative expression because of a personal experience with a spiritual awaking found through the Twelve Steps of A.R.T.S. Anonymous.

(Tech screenshares Step Twelve and the two sets of questions below.)

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to artists, and to practice these principles in all our affairs.

Experience: What do I think of Step 12?

- How do I describe a “spiritual awakening?”
- In what ways do I “carry this message” to others, and what do I receive in return?

- What are “these principles” as I see them?

Strength: How do I feel about Step 12?

- What does it feel like when I have a “spiritual awakening”?
- What have I received from A.R.T.S. Anonymous that I would most like to share?
- In what areas of my life and my art do I want to “practice these principles,” and how would I do that?

Leader/Facilitator: These questions are offered as prompts to choose from for writing on Step Twelve. The questions are loosely divided by an emphasis on what we think and how we feel. They are optional, and you may have other ways to explore Step Twelve.

Is there a volunteer willing to read the questions aloud?
Are there any questions before we begin writing?

(Allow 20 minutes to write. Tech times)

Break

Leader/Facilitator: We will now take a 10-minute break. Please everyone, mute yourself. If you are doing anything distracting, please turn off your video. Some of you may wish to continue writing during this time. We will all come back together at _____ o'clock.

(Break for 10 minutes. Tech times)

Breakout Rooms

Leader/Facilitator: Welcome back everyone. Some of you may feel you have things to talk about. We will now be putting everyone into a breakout room of 4-5 people for sharing on the Step for about 25-30 minutes. There are suggested guidelines and a format for the breakout rooms posted in the chat. Breakout rooms will be given a 5-minute warning before closing.

(Tech person first puts the breakout room format and guidelines below in the chat. They then assign and open the breakout rooms. Use the "broadcast" feature to give a warning for when the breakout rooms will close)

Breakout Room Format:

- Everyone briefly introduces themselves by their name and art
- The group selects a volunteer to read the guidelines
- The group selects a volunteer to be the Timer
- The group decides how much time to give each person to share, and may include a warning for when time is up

Guidelines:

- Each participant may share their writing or what they are learning about the Step
- Please mute your microphone while others are sharing or reading
- Please avoid engaging in crosstalk or asking questions about what another is sharing

Final Questions and More Writing

Leader/Facilitator: Welcome back, everyone. A final set of questions will now be introduced to explore the hope that can be found in this Step. You have the option to use any one or all of these questions, or another question. Is there a volunteer to read the questions?

(Tech person screenshares the set of questions in the box below)

Hope: How does Step Twelve relate to me and my creative expression?

- In what ways might a spiritual awakening inspire my creativity, and why is that?
- How can the practice of making my art be a way of carrying a message, and what would I like that message to be?
- When I think of sharing my art, what fears and anxieties arise, and how might “these principles” help?

Leader/Facilitator: We now have ten more minutes to write.

(Allow ten minutes to write. Tech times)

Open Sharing and Wrap Up

Leader/Facilitator: In the time we have left, we will take a show of hands to hear from those who wish to share something they wrote, or any breakthroughs or "aha" moments they experienced today.

(Allow about 20 minutes depending on time. Tech times)

Closing

Leader/Facilitator: Are there any announcements related to A.R.T.S. or to this series of workshops?

(Tech person screen-shares the Closing Prayer)

Leader/Facilitator: We will end with the Serenity Prayer, but first, may I ask someone to read the Closing Prayer of A.R.T.S. Anonymous?

In closing, I would like to say that no matter how distanced we may feel from our creative sources, no matter how long it has been since we were in touch with our creative spirit, or how feeble may seem our creative impulses, they are reawakening in our Higher Power's time, through this program and through our actions, no matter how small or how simple, a day at a time. I may not be able to see my own growth, or even to see my creations as beautiful, but I am able to see yours as inspiring and enriching my emotional, spiritual and physical world. We are not recovering merely to hide our light under a bushel; our creative gifts are a gift. To celebrate them, we humbly apply ourselves, sometimes to the work of art, and sometimes to play. May A.R.T.S. Anonymous teach us that our art, celebrated, will benefit and feed our own souls first, and the world's second, for the world hungers as much for this beauty as for food. We meet here together to feed this deeper hunger.

Leader/Facilitator: Please join me in the Serenity Prayer

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