

HANDY GUIDE

TO THE

TWELVE STEPS

WITH MEETING FORMAT

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Contact **NLA Outreach**, www.12StepsMadeClear.com

Helping Angry People: NLA's Mission

No Longer Alone (NLA) is a fellowship of former loners who have found a way to inner peace and fellowship through the 12-Steps of recovery. Some of us were homeless. Some were Ph.D.'s, trapped in our specialization. Some of us were public figures, cut off by our name and fame. All of us were angry, disappointed in the life we had created or inherited.

NLA is a program for private people. Most NLA members don't know each other; we work the Steps with old friends or with a few new contacts. We reach out to others like ourselves by offering this book at a low cost (or no cost) to prisoners, the homeless, women and youth in shelters. We believe that the recovery in this book builds many kinds of fellowship, depending on what an individual needs and can accept. AA, ACA and NA are excellent programs. We recommend them. CoDA and Al-Anon are helpful, too. Some people find support in a church; others, in family or tribal gatherings. In NLA, we trust in God to guide the progress of those who work these Steps.

About the NLA Outreach Committee

The NLA Outreach Committee welcomes grants and contributions. Those who find these materials helpful and want to help others who may feel isolated and frustrated in their present circumstances are invited to support this work. For every \$70.00 NLA receives, 10 copies of this book are provided to prison inmates, to the homeless or to those in shelters.

NLA cooperates with ministries and agencies which serve prisoners, the homeless and families in crisis or at risk. NLA offers training and support for self-help screening components in such programs. These are cost-effective, reduce case management requirements and improve success. For more information, please contact: **NLA Outreach Committee** www.12StepsMadeClear.com

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