

## List of Principles, Titles, and Dates

### *Acceptance*

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Acceptance and Perspective ..... 25 January	Acceptance and Relationships ..... 14 July
Listening Leads to Acceptance ..... 1 February	Accepting Others ..... 8 October
Accepting That I'm Not Always Right ..... 16 March	Acceptance Takes Practice ..... 1 November
Accepting Another's Path ..... 30 May	Accepting Reality ..... 2 December
Finding and Extending Acceptance ..... 15 June	

### *Accountability*

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Finding Accountability in Others' Insights ..... 10 March	Planning Keeps Us Accountable ..... 23 September
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### *Anonymity*

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Finding Equal Worth in Anonymity ..... 27 January	Anonymity and Individuality ..... 13 August
Putting <i>We</i> Before <i>Me</i> with Anonymity ..... 30 March	Anonymity and Selfless Service ..... 6 September
Equality in Anonymity ..... 28 May	Anonymity as Our Spiritual Foundation ..... 20 October
Anonymity Connects Us ..... 8 June	Anonymity Gives Us All a Place to Recover ..... 23 December

### *Attentiveness*

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The Gift of Attention ..... 4 January	Attentiveness to NA's Message ..... 23 June
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### *Authenticity*

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Being Authentic ..... 23 January	Free to Be Authentically Me ..... 3 September
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### *Autonomy*

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Autonomy and Our Choices ..... 27 March	Expressing Our Autonomy with Integrity ..... 23 October
Autonomy and the Ties That Bind ..... 14 May	Autonomy for Ourselves and for Others ..... 8 December
Autonomy Balanced with Responsibility ..... 4 July	

### *Awareness*

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Awareness Through Spiritual Maintenance ..... 24 June	
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### *Balance*

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Striking an Emotional Balance ..... 11 January	Seeking Balance ..... 5 July
Striking a Spiritual Balance ..... 31 March	Living Life in Balance ..... 18 September
Finding Balance in Our Lives ..... 31 May	Balance Through Meditation ..... 13 November

### *Caring*

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Caring for Ourselves, Caring for Others ..... 26 April	Caring and Listening ..... 5 November
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### *Commitment*

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Commitment to Our Spiritual Well-being ..... 14 March	Commitment to Our Common Welfare ..... 17 October
Regular Inventory and Meaningful Commitments .... 15 July	

### *Communication*

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Communication is a Two-Way Street ..... 9 June	Communication is Complicated! ..... 26 December
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### *Compassion*

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Compassion Rather than Judgment .....	15 February	Compassion as Contrary Action .....	1 October
Compassion Toward All .....	25 April	The Compassion of Tradition Three .....	31 December
Compassion for Ourselves .....	11 July		

### *Connection*

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Seeking Connection Instead of Distraction .....	5 January	Building Connections .....	25 June
Feeling Connected, Finding Community .....	19 March	Connecting the NA Way .....	28 September

### *Conscience*

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Connecting to Our Conscience .....	18 May	Conscience and Step Ten .....	24 October
Guided by Conscience .....	15 August	Living with Our Conscience .....	19 December

### *Consistency*

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The Value of Consistency .....	30 April	The Impact of Consistency .....	26 October
Consistency and Step Ten .....	1 June		

### *Cooperation*

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Cooperating for the Common Good .....	27 June	Cooperation Despite Friction .....	5 September
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### *Courage*

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Courage in the Face of Self-Doubt .....	4 February	Facing Life with Courage .....	22 November
Courage to Walk Our Path .....	9 July		

### *Creativity*

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Contributing Our Creativity .....	19 January	The Power of Creative Action .....	1 August
Connecting with Our Creativity and Higher Power .....	4 March	Tapping into Creativity .....	19 October
The Creative Action of Sharing Ourselves .....	22 April	Creative Action Can Be an Inside Job .....	11 December
Approaching Life Creatively .....	11 June		

### *Curiosity*

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Cultivating Curiosity .....	25 October
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### *Discernment*

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Discerning When to Act .....	14 January	Discernment and Autonomy .....	27 August
Discernment Takes Practice .....	24 March	Discernment and Group Conscience .....	21 November
The Discernment Dimmer Switch .....	6 May		

### *Discipline*

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The Practice of Discipline .....	16 April	The Discipline to (Sometimes) Say No .....	3 December
Spiritual Discipline Builds Good Character .....	6 August		

### *Empathy*

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Having Empathy for Each Other .....	31 January	Empathy, Connection, and Identification .....	3 July
That Energy of Empathy .....	1 April	The Value of Empathy .....	22 September
Empathy in Hard Times .....	2 May	Healing with Empathy .....	19 November

### *Encouragement*

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Encouraging Growth .....	29 January	Our Commitment to Encouragement .....	16 August
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### *Equality*

Practicing Equality ..... 15 January

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### *Equanimity*

Pursuing Equanimity ..... 27 April

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### *Faith*

Faith in the Program and Each Other ..... 7 January    Faith to Let Go ..... 21 August  
Faith Provides Shelter from the Storm ..... 21 February    Faith When Times Are Tough ..... 18 October  
Faith and Step Three ..... 24 April    Uncomplicated Faith ..... 5 December  
Faith in Spiritual Principles ..... 14 June

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### *Fidelity*

Practicing Fidelity ..... 28 January    Fidelity to the NA Message ..... 31 August

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### *Flexibility*

Being Flexible through Life’s Challenges ..... 19 February    Flexibility through Life’s Storms ..... 29 November  
Flexibility and Relationships ..... 13 May

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### *Forgiveness*

Forgiveness and the Amends Process ..... 12 January    Forgiveness Sets Us Free ..... 20 July  
Forgiving Our Imperfections ..... 11 March    Forgiving Others, Forgiving Ourselves ..... 21 September  
Forgiveness, Acceptance, and Healing ..... 26 May    Practicing Forgiveness, Foregoing Resentments ..... 25 November

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### *Freedom*

Free to Simply Be ..... 5 March    Choosing Freedom ..... 4 September  
The Freedom to Let Go ..... 16 May    Freedom, Wherever We Are ..... 28 October  
Freedom to Heal ..... 21 July

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### *Generosity*

In with Generosity, Out with Fear ..... 20 February    Giving Generously, Expecting Nothing ..... 15 October  
The Generosity in Being Vulnerable ..... 22 May    Embracing the Spirit of Generosity ..... 16 December  
Inviting Generosity ..... 28 July

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### *Goodwill*

Exercising Goodwill ..... 21 January    Goodwill toward New Members ..... 30 June  
Goodwill and a Sense of Purpose ..... 15 March    Goodwill Is the “Right” Reason ..... 24 July  
Goodwill for the Common Good ..... 17 April    Goodwill and Our Relationships ..... 29 September  
The Attraction of Goodwill ..... 3 May    Our Foundation of Goodwill ..... 10 November

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### *Grace*

Moving through Recovery with Grace ..... 29 February    Finding Grace in the Process ..... 12 August  
Seeing Grace in Our Reflection ..... 10 April    Contemplating the Gift of Grace ..... 30 October  
Grace Gets Us through Hard Times ..... 18 June    Grace in Our Treatment of Others ..... 28 December

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### *Gratitude*

Gratitude as a Practice ..... 25 February    We Give What We Can with Gratitude ..... 8 July  
Gratitude for Our Common Solution ..... 23 March    Gratitude Transforms Us ..... 8 September  
Gratitude for All of Life’s Challenges ..... 5 May

## *Harmony*

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Harmony and Our Common Good .....	5 February	Harmony in Spite of Conflict .....	11 August
The Harmony between Step Eleven and Tradition Two .....	4 April	Harmony, Alignment, and Balance .....	7 October
In Harmony with Reality .....	29 June	Harmony and Our Connection to Each Other .....	27 December

## *Honesty*

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Honesty and Reality .....	6 March	Honesty and Self-Awareness .....	25 September
Honesty Becomes Second Nature .....	15 April	Honesty Versus Denial's Fancy Footwork .....	16 October
Honest Self-Appraisal in the Steps .....	11 May	Honest Self-Reflection .....	6 November
Communicating Honestly in Service .....	19 June	Honesty, Clarity, and Tradition Ten .....	21 December
The Value of Honest Self-Assessment .....	30 August		

## *Honor*

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Practicing Honor the NA Way .....	15 September
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## *Hope*

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Hope Comes with a Catch .....	26 January	Hope in Darkness and in Light .....	29 August
A Crash Course in Hope .....	23 February	Hope Around the World .....	20 September
Hope Combats Our Fears .....	29 March	Hope and a New Way Forward .....	4 October
Finding the Hope We Need to Heal .....	13 April	Sharing Hope Freely .....	28 November
We Can Rediscover Hope at Any Time .....	15 May	The Courage to Hope .....	18 December
Inspired by Hope .....	23 July		

## *Hospitality*

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Hospitality and the Newcomer .....	17 September	Hospitality Counters Self-centeredness .....	24 November
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## *Humility*

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Making Room for Humility .....	18 February	To Be Both Willing and Humble .....	10 August
Humility and Sticking to the Basics .....	12 March	Humility Is Living in Reality .....	9 September
Humility Grounds Us .....	25 May	Humbly Asking for Help .....	27 November
Humility Opens Us Up to Support .....	13 June	Imperfection, Humanity, and Humility .....	14 December
Striving to Be Humble Servants .....	10 July		

## *Humor*

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Finding Healing in Humor .....	24 August	Humor as a Practice of Surrender .....	20 November
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## *Inclusiveness*

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Inclusiveness and Our Sense of Belonging .....	13 January	Inclusiveness Means Any Addict .....	19 August
Inclusiveness, Service, and Belonging .....	5 April	Removing Barriers to Inclusiveness .....	12 November

## *Independence*

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Embracing Our Independence .....	22 March	With Independence Comes Responsibility .....	2 August
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## *Individuality*

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The Value of Our Individuality .....	23 April	Individuality and Our Spiritual Awakenings .....	13 December
Individuality, Openness, and Our Spiritual Lives ...	12 September		

## *Integrity*

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Striving for Integrity, Always .....	17 January	Integrity through Personal Responsibility .....	29 October
Showing Up with Integrity .....	27 May		

## *Interdependence*

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Interdependence and Our Primary Purpose .....	3 March	Interdependence and the Spirit of Unity .....	31 October
Interdependence Knows No Borders .....	1 September	Interdependence Means We're Better Together ....	24 December

## *Intimacy*

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Building Trust through Intimacy .....	22 February	Choosing Intimacy over Isolation .....	26 August
Intimacy as Conscious Contact and Connection .....	24 May	Intimacy is Complicated but Worth It .....	4 November

## *Joy*

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Enduring Loss, Reclaiming Joy .....	16 June	Rediscovering and Redefining Joy .....	22 December
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## *Kindness*

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No Regrets for Being Kind .....	30 January	Kindness Reflected in Our Growth .....	12 June
The Power of Kindness .....	11 April	Kindness and the First Tradition .....	9 November

## *Listening*

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Listening with All We've Got .....	8 April	Listening with an Open Mind and Heart .....	30 November
Listening for Common Ground .....	16 July		

## *Love*

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Loving Ourselves .....	10 February	A New Meaning for Love .....	25 August
Love and Step Twelve .....	9 May	Letting Love In .....	24 September
Learning to Love Ourselves .....	2 June	Love for the Sake of Our Growth .....	15 November
Love and That NA Hug .....	1 July		

## *Maturity*

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Maturity in Recovery .....	7 March	Striving for Emotional Maturity .....	23 August
Maturity Helps Us Face Reality .....	23 May	Maturity Calls for Some Humility .....	23 November
Practicing Maturity and Grace .....	25 July		

## *Open-Mindedness*

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Open-Mindedness Keeps Us Teachable .....	17 February	Open-Mindedness and Spirituality .....	4 August
An Open Mind is a Life Saver .....	2 April	Open-Mindedness and the Third Tradition .....	26 September
Maintaining an Open Mind .....	7 June	Staying Open-Minded to New Ideas .....	9 October
Open Mind, Open Heart, Open Spirit .....	30 July	Keeping Our Minds Open to Learning .....	7 December

## *Optimism*

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Strategies for Optimism .....	11 February	Optimism and That Storied Glass of Water .....	21 October
Facing Feelings with Optimism .....	21 May		

## *Participation*

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Participation, Service, and the Seventh Tradition ...	9 January		
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## *Passion*

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Finding Our Passion and Purpose .....	16 January	Moving Forward with Passion .....	6 July
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## *Patience*

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Patience and the Process of Healing .....	7 September	Patience and Commitment to the Process .....	17 December
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### *Perseverance*

Pushing through with Perseverance .....	2 February	Perseverance Pays Off .....	18 August
Perseverance Helps Us Stay .....	10 May	Perseverance and the First Step .....	15 December

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### *Powerlessness*

Powerlessness Opens the Door .....	27 February	Powerlessness, Step One, and Tradition Five .....	5 October
Powerlessness and the Second Step .....	7 May		

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### *Practicality*

The Practicality of Step Three .....	26 February	Practicality in Action .....	12 October
Practicality and the “God Thing” .....	12 April	If It’s not Practical, It’s Not Spiritual .....	9 December
The Therapeutic Value of Practicality .....	26 June		

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### *Prudence*

Being Prudent with Our Obligations .....	29 July
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### *Purpose*

Purpose and Responsibility .....	9 February	Connected to Our Purpose .....	10 October
Searching for Our Purpose .....	18 April	Purpose and Our Path Forward .....	7 November
Finding a Life with Purpose .....	4 June	Principles and Purpose Are Portable .....	12 December
Finding Purpose in One Another .....	5 August		

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### *Reliability*

Reliability Matters .....	28 February	Reliability and Reasonable Expectations .....	26 November
Reliability Transforms Relationships .....	2 July		

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### *Resilience*

Recovery Makes Us More Resilient .....	7 February	Resilience Keeps Us Coming Back .....	16 November
With Hope Comes Resilience .....	17 July		

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### *Respect*

Communicating Respect .....	21 April	Treating Ourselves with Respect .....	28 August
We Show Respect, Rather Than Seek It .....	10 June	Living Lives Worthy of Self-Respect .....	14 November

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### *Responsibility*

Facing Our Responsibilities .....	8 January	Responsibility Versus Control .....	12 July
Responsibility, No Matter Our Cleantime .....	8 March	We Are Responsible for Our Recovery .....	16 September
The Rewards of Responsibility .....	20 May		

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### *Restraint*

Restraint as an Expression of Freedom .....	14 October
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### *Safety*

Creating Safety for All Members .....	26 March
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### *Self-Acceptance*

Coming to Accept Ourselves .....	3 January	Valuing Self-Acceptance over Validation .....	5 June
Accepting Our Imperfect Selves .....	3 February	Accepting Ourselves as Works in Progress .....	8 August
Self-Acceptance and Our Sense of Belonging .....	1 March	Accepting All of Me .....	27 October
Finding Self-Acceptance with the Serenity Prayer ....	19 April		

## *Selflessness*

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Selflessness Brings Relief ..... 14 February    A Bond of Selflessness ..... 19 September  
Selflessness, Self-Care, and Our Spiritual Condition ..... 19 May

## *Self-Support*

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Self-Support Beyond the Basket ..... 20 March    Self-Support Takes Faith ..... 11 September  
Self-Supporting and Standing Tall ..... 22 June

## *Serenity*

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Serenity Brings Clarity ..... 22 January    Untangling Life's Knots with the Serenity Prayer ... 2 September

## *Service*

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Waking Up to Service ..... 10 January    Service Strengthens Our Foundation ..... 6 June  
Service and Carrying NA's Message ..... 16 February    Practicing Service in All Our Affairs ..... 20 August  
Service Is Spirituality in Action ..... 17 March    Service, Purpose, and Belonging ..... 14 September  
Losing and Finding Ourselves in Service ..... 3 April    Service Brings Out the Best in Us ..... 3 November  
Service as an Expression of Love and Gratitude ..... 1 May

## *Simplicity*

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The Simple, Priceless Gift We Share ..... 20 January    The Simplicity of Tradition Eleven ..... 3 June  
Spirituality in Simplicity ..... 6 April    Simplicity Is Key! ..... 31 July

## *Sincerity*

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Sincerity and Keeping It Real ..... 13 September

## *Solidarity*

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Securing the Bond of Solidarity ..... 13 March    Safety, Security, Solidarity ..... 6 October  
Sharing Solidarity with Our Fellow Members ..... 21 June

## *Steadfastness*

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Remaining Steadfast ..... 29 December

## *Surrender*

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Surrendering to Change ..... 18 January    Our Step-One Surrender ..... 27 July  
Surrender and Tradition One ..... 12 February    Surrendering Shortcomings ..... 14 August  
Surrendering Our Reservations ..... 21 March    Surrendering to a New Way of Life ..... 10 September  
Surrendering to Tradition Three ..... 9 April    Surrendering to Group Conscience ..... 3 October  
Surrender to What? ..... 12 May    Affirming Our Step-Three Surrender ..... 17 November

## *Thoughtfulness*

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Thoughtful Awareness, Thoughtful Action ..... 18 March    Thoughtfulness Is a Gift ..... 11 October  
Extending a Thoughtful Welcome ..... 22 July

## *Tolerance*

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Tolerance and Toxic Relationships ..... 8 May    Praying for Tolerance ..... 8 November  
Practicing Tolerance and Self-Acceptance ..... 9 August

## *Trust*

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Learning to Trust ..... 24 February    Trust and the Fifth Step ..... 22 August  
Trust in Our Message and Our Bond ..... 28 March    Trust Is a Conscious Decision ..... 2 October  
Building Trust and Trustworthiness ..... 17 June    Letting Trust Take Root ..... 30 December

### *Unconditional Love*

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Unconditional Love and Step Five .....	6 February	Unconditional Love for Fellow Addicts .....	7 August
The Journey toward Unconditional Love .....	20 April	Unconditional Love and Sponsorship .....	1 December
Unconditional Love Brings Healing .....	28 June		

### *Understanding*

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Opening Up to Understanding .....	13 February	Open-Mindedness Leads to Understanding .....	26 July
Inspired to Understand .....	28 April	Understanding without Conditions .....	6 December

### *Unity*

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Unity Keeps Us Coming Back .....	2 January	Unity in Our Shared Purpose .....	3 August
One Addict Helping Another in Unity .....	9 March	Unity in All Our Affairs .....	30 September
Unity, Not Uniformity .....	14 April	Finding Humility in Unity .....	22 October
Love for Unity's Sake .....	17 May	Unity, Our Practical Foundation .....	18 November
Unity in Loving Care .....	13 July	Similar, Different, and United .....	25 December

### *Vigilance*

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Vigilance and the Second Tradition .....	6 January	Vigilance and the Path of Recovery .....	27 September
Vigilance in Balance .....	2 March	Being Vigilant in the Here and Now .....	2 November
Vigilance for the Long Haul .....	29 May		

### *Vulnerability*

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Vulnerability Teaches Us to Trust .....	7 April	Vulnerability Builds Bonds .....	4 December
Growth Takes Vulnerability .....	18 July		

### *We*

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The Practical and Spiritual Application of "We" .....	7 July	A Focus on We Brings Out the Best in Me .....	10 December
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### *Willingness*

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We Need Willingness Every Day .....	24 January	Tempering Willingness with Humility .....	19 July
Willing to Walk in Faith .....	8 February	Willingness to Change .....	17 August
Willingness Propels Us Forward .....	25 March	Not Too Cool to Be Willing .....	13 October
Our Willingness Makes a Difference .....	29 April	Willing to Explore New Directions .....	11 November
Willingness Gets Us into Action .....	4 May	Willingness to Serve .....	20 December
Willingness to Give It a Go .....	20 June		

### *Wonder*

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Recapturing a Sense of Wonder .....	1 January		
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