

## ***History of Recoveries Anonymous***

Recoveries Anonymous traces its beginning to an individual who, in June 1981, sat in a circle with twenty other people. He was at a discussion meeting in another fellowship. When it was his turn to share, he talked about something he had read the night before.

He shared his hope that what had happened for the pioneers of the program would also happen for him. He said that he hoped that God would restore his sanity and remove his obsession. Fifteen people shared after him. Every one of them said that they did not believe that this could ever happen.

He found this amazing. For the first time he could see that there were two programs. There was the problem-focused sharing he was hearing in the meetings he attended. There was also the solution that the pioneers of the program wrote about in the program literature. He began to wonder what else he didn't know about the program.

He thus started a search that led him to thoroughly follow the "clear-cut directions" that the pioneers wrote in the Big Book. This, in turn, led to his recovery.

In November of 1983 he was at another meeting. It was the night before Thanksgiving. He was in front of a group of people who were looking for a solution to their problems and behaviors. He shared that he had thoroughly followed the same path that the founders of the program had followed. He had done this by using the pioneers' "clear-cut directions" that are in the Big Book.

He told them that working all Twelve Steps in this way had led to his recovery. He had been restored to sanity and had stopped hurting himself and others.

Several of the people who heard him share stayed in contact with him. They saw how important what he shared was for their own recovery. They soon followed his example. They were also able to recover using the same solution.

One person in particular had a vital spiritual experience. She immediately started to carry this message of hope, sanity and recovery to others. For the first time, the people she worked with started to recover.

Now there were two people actively carrying and validating the same message of hope, sanity, and recovery to others. The number of recoveries began to grow.

In January, a group of the people who were working the program in this way started to meet. They discovered that they were members of many different Twelve Step programs. They had many different problems and behaviors.

Their experiences made it clear that the same solution would work for any problem or behavior. They found that by sharing about the common solution, instead of their personal problems or behaviors, someone with one kind of problem or behavior could help someone who had different problems or behaviors.

Recoveries Anonymous was thus formed as an independent, nonprofit corporation. A.A. has granted permission for R.A. to adapt the Twelve Steps and the Twelve Traditions. However, R.A. is not affiliated with, or endorsed by, A.A. Except for the use of the Twelve Steps, and the Twelve Traditions, there is no connection between R.A. and any of the other anonymous organizations.

Above from Recoveries Anonymous website. For additional information, see [http://www.r-a.org/NB\\_FAQ.htm](http://www.r-a.org/NB_FAQ.htm)

