**This is the Calix Credo which is a suggested reading at the opening of every Calix function:**

**“Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12 Step program.**

**Our first concern is to interest Catholics with these problems in the virtue of total abstinence. Our second stated purpose is to promote the spiritual development of our membership. Our gathering today is an effort in this direction. Our conversation and our association together should be a source of inspiration and encouragement to each other, geared to our growth toward spiritual maturity.**

**Our participation in all other spiritual activities of Calix, such as the frequent celebration of the Liturgy, reception of the Sacraments, personal prayer and meditation, Holy Hours, Days of Recollection and retreats, aid us in our third objective, namely, to strive for the sanctification of the whole personality of each member.**

**We welcome others who are not members of our Catholic faith, and anyone concerned with the illness of alcoholism and addiction who wish to join with us in prayer for our stated purposes.”**

**It is strongly suggested that Calix members be active participants in a 12 Step program. This is where they achieve and maintain their sobriety and work the steps of recovery in order to achieve total abstinence. The Apostolate of Calix is concerned with supporting sobriety and spiritual growth by means of active participation in the Sacramental life of the Catholic Church. It adds the dimension of traditional Catholic spirituality to the 12 Step program.**

**Calix spells out in terms of Catholic theology the Christian approach to spiritual maturity. 12 Step programs are non-denominational, non-sectarian, non-religious in their approach and philosophy. 12 Step programs have proven to be a very effective method of achieving total abstinence. It is expected that participants in 12 Step programs seek guidance and counsel from those charged with the responsibility of spiritual direction. This is the role of the churches, and for Catholics, the Catholic Church. This is where Calix comes in. Calix assists the Catholic in recovery in their spiritual journey of their 12 Step program by the aid of the Catholic faith and the Eucharistic Presence of the living Christ.**

**Calix activities are as varied as the individual membership chooses. The only requirement is a regularly scheduled meeting, with some groups choosing to meet monthly or weekly. At this meeting a topic for discussion chosen either by the chaplain or by the group is pursued. Many topics can be discussed, but often the topic can be chosen from one of the texts on the www.calixsociety.org website such as Calix and the Twelve Steps by Fr. Arnold E. Luger. This can be one of the 12 steps, pursued both as a step to sobriety and a step to spiritual maturity. Many topics involving recovery and Catholicism are available.**

**A wonderful way to precede the meeting is with the celebration of the Eucharist or with a period of Eucharistic Adoration. Quite frequently, the Eucharist is celebrated exclusively for the Calix membership. In this case, when the rubrics permit, the Scriptural passages can be chosen to demonstrate the spiritual dimension of the Step picked for consideration. The homily and/or the meeting topic can tie in the lesson of the Scriptures and relate to the spiritual implication of the Step itself.**

**By way of example, let us consider the First Step, “We admitted that we were powerless over alcohol (and addictions) and that our lives had become unmanageable.” When we admit powerlessness, we are establishing the very basis of any spiritual growth, namely, that we are creatures, created, dependent, powerless of ourselves. This reminds us of our Lord’s first counsel for perfection, "Blessed are the poor in spirit, theirs is the Kingdom of Heaven.” In other words, blessed are those who recognize their creaturehood and their total dependence upon God. God’s action in the very first stage of recovery from alcohol and addiction is also apparent in the fact that His grace, perhaps operating through the instrumentality of people, has brought us to our 12 Step program.**

**What motivated us and our fellow fortunate ones to take that first step towards recovery? In all honestly, the answer is simply the grace of God. God’s grace overwhelmed us at a given point in time and we were able to admit our powerlessness. St. Paul in Romans, Chapter 7:18-24, could be used as Scriptural recognition for our powerlessness and of strength through God’s grace. This topic could well be pursued for two or three Calix sessions.**

**The Second Step of 12 Step Programs, namely, an interpretation of “Higher Power” has tremendous potential from our Catholic theology. We can discuss the nature and attributes of God, speak of the Blessed Trinity, going into the relationship of God with each person, and, of course, delving deeply into the person of Christ, our Redeemer, our Mediator, and source of unity with the Father through the Holy Eucharist. Several meetings and topics of discussion can easily flow out of a consideration of the Second Step from the viewpoint of our Catholic theology.**

**In the Third Step we can pursue the essentials of sanctity. The common denominator of all the saints in Heaven today by which they achieved the Beatific Vision is the Third Step – they fashioned their lives in God’s Will for them. God has called each of us for a specific purpose in life. He alone knows the goal to which He has called us and where He expects us to arrive. The only sensible human reaction is to turn ourselves over to him for direction and guidance. This is what the Third Step is all about. God does not leave us alone in the fulfillment of our Christian responsibility. The Eucharist is our daily, or at least weekly, source of strength and help towards the fulfillment of God’s Will. Again, this Third Step can be the topic of several informative and inspirational discussions for Calix members. In this way we can go on through the succeeding steps of the 12 Step program. Since Calix members are participants in 12 Step programs, they will be familiar with the steps, and it will be easy to guide them to a consideration of the Catholic spiritual dimension embodied in each of the steps.**

**This pamphlet is very brief in references to the spiritual implications which could be pursued in Calix meetings. However, your priestly background in Catholic theology will serve you in good stead in opening up other important spiritual insights as you privately consider each of the steps suggested in the 12 Step process of recovery. The Calix meetings can also be an occasion for consideration of the character defects which impede spiritual progress. For spiritual guidance, we could use tables of examination of conscience as source material for character defects. When these are discussed, we could also pursue a study of the virtues opposed to the various defects, giving suggestions for the practice of these virtues in daily life. Another resource is the bimonthly Chalice newsletter. It always contains a column to help Calix members and chaplains.**

**HOW TO CONTACT US**

**The Calix Society is ready and willing to help anyone who has a problem with alcoholism and addiction in maintaining sober and serene lives and for spiritual growth through their Catholic faith. Those who are interested in learning more about our society may contact us through our website at www.calixsociety.org. Current literature, including books and pamphlets are available on our website, as well as membership information and a listing of our weekly online meetings available by Zoom format. We also publish a bimonthly newsletter, the Chalice, which is available online and by mail.**

***(Revised July 2021)***



INFORMATION

FOR CHAPLAINS

AND

GROUP LEADERS

IN

THE CALIX APOSTOLATE

The Calix Society

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