

Welcome

Sessions Include

- Centering Prayer meditation instruction
- Two 20-minute Centering Prayer sessions
- Reading from 12 Step literature
- Presenters sharing personal experiences and speaking on selected topics
- Teaching on 12 Step spirituality and impediments to it
- Small Group discussions

Suggested Donation

If you can contribute, we suggest a free-will gratitude offering of \$10 per session to help us remain self-supporting.



Weekly Online Meetings

We will continue to meet every weekend, including on workshop Saturdays, throughout the year.

Saturdays, 9:30 – 10:45 AM

Zoom Meeting:

<https://zoom.us/j/392510399>

- Welcoming Prayer
- Centering Prayer
- Speaker sharing briefly on their spiritual journey of recovery
- Small group discussions
- Grateful Heart Practice

Schedule

Monthly – 1st Saturdays - Dec to May

9:30 AM – 12 Noon

- October 1, 2022
- November 5, 2022
- December 3, 2022
- January 7, 2023
- February 4, 2023
- March 4, 2023
- April 1, 2023
- May 6, 2023

We are an open fellowship that any member of the community, 12-Step program affiliated or not, may attend.

Online Resources

Keep visiting our website for session details, blog postings and access to past talk recordings. The website also lists online meetings and handouts shared at in-person sessions.

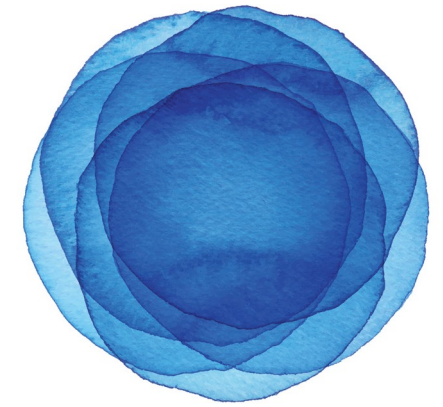
Session Updates

Please visit our website and blog prior to workshop dates for details about our presenters, Steps and topics.

Join Our Mailing List

Sign up to receive monthly workshop notifications and 12 Step Spirituality info: 12StepCP@gmail.com

12stepspirituality.org



12 Step Spirituality

Exploring 12 Step Spirituality with a focus on the 11th Step, using Centering Prayer meditation

Monthly, Oct 2022 – May 2023
9:30 AM – 12:00 Noon

First Universalist Church of Minneapolis
Social Hall

3400 Dupont Avenue South
Minneapolis, MN 55408





Presenters

Dick Y.

Dick has been studying, practicing and teaching Centering Prayer and other forms of meditation for more than 30 years. He is a commissioned presenter of the Introduction to Centering Prayer Workshop and a member of Al-Anon and ACA.

Luna G.

Luna works her recovery program in AA, Al-Anon, OA and ACA, and has been shaped and guided by the 12 Steps since 1992. She is a commissioned Workshop presenter. She continues to deepen her spiritual path through creativity and color, parenting and being a pastor.

Mary L.

Mary L., M.Ed., is a commissioned Workshop presenter, and co-coordinator for Minnesota Contemplative Outreach. She has been in ACA recovery since 1985, and began using Centering Prayer as an 11th Step practice in 1996.

Jenny S.

Since starting Centering Prayer in 2012, Jenny has embraced ACA, Al-Anon and OA How Concept. Saturdays with the 12-Step Spirituality community is a lifeline of healing and joy. Jenny facilitates the weekly 11th Step meeting at The Retreat.

Latana H.

Having entered the rooms of AA in 1980, Latana began centering prayer in 2017, where she experienced deeper healing and a new level of living.

Adam G.

In recovery since 1985, Adam organizes the weekly zoom meeting, and is a chapter co-coordinator for MN Contemplative Outreach.

Jay M.

Jay has been practicing Centering Prayer since 2010. He can get to the heart of the spiritual experience and express it in familiar and understandable terms. He creates a welcoming atmosphere for prayer and group sharing by managing our audio and room setup each month.

Katharine Q.

Katharine began her recovery from codependency in 1975 through Al-Anon and is currently active w/ Adult Children of Alcoholics. She practices the 12 Steps, Centering Prayer, and Welcoming Prayer in combination with A Course in Miracles.

Dave M.

Dave is a college teacher and public speaker. He started his recovery journey in 1981, embracing AA, Al-Anon and ACA along the way. Centering Prayer has become a foundational practice, allowing fear and self-doubt to give way to intimacy and loving tenderness with God.

Michael C.

Michael is a longtime practitioner of centering prayer, and co-host of the YouTube series on 12-Steps and CP, "[Living in the Pause.](#)"

Is Centering Prayer Meditation for You?

These sessions are designed for those actively working a 12 Step program and those wanting to explore and deepen their spirituality through meditation.

What Is Centering Prayer Meditation?

A method of silent prayer that

- Opens the pathways to a deeper relationship with the God of your understanding.
- Helps you progress toward a spiritual awakening.
- Accelerates the healing of past trauma and other negative emotional experiences.

Questions

12StepCP@gmail.com

