

Welcome

Online Zoom Sessions Include

- Welcome to newcomers
- Welcoming Prayer
- Centering Prayer meditation guidelines
- One 20-minute Centering Prayer
- Speaker sharing 5 minutes on their spiritual journey of recovery
- Small group discussions
- Grateful Heart Practice

Suggested Donation

Normally we collect a free-will offering to cover expenses. Meeting virtually by zoom has removed all those expenses.

During this period when we are not meeting face-to-face, we recommend you make regular contributions to the General Service Offices of your respective programs (AA, Al-Anon, CODA, ACOA, Overeaters Anonymous, etc.)

Schedule

Weekly – Saturday Mornings

9:30 – 10:45 AM

Zoom Meeting:

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

To call in by phone:

(312) 626-6799

Meeting ID: 392 510 399

***6 to mute, unmute your line**

Online Resources

Keep visiting our web site for session details, blog postings and access to past talk recordings. The web site also hosts online tools, links and materials shared in sessions.

Session Updates

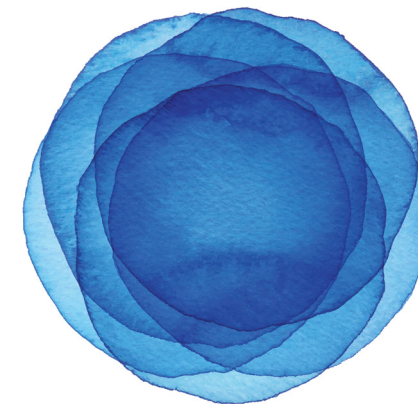
Please visit our web site for details about our presenters, Steps and topics.
www.12StepSpirituality.org

Join Our Mailing List

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

12StepSpirituality.org

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12 Step Spirituality

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

Weekly, Saturday Mornings

9:30 – 10:45 AM

Online meetings via Zoom





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.

Mary L.

Mary L., M.Ed., is a commissioned Workshop presenter, and co-coordinator for Minnesota Contemplative Outreach. She has been in ACA recovery for 32 years, and began using Centering Prayer as an 11th Step practice in 1996.

Julie G.

Julie 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.

Peg M.

Peg discovered a “design for living” when she came into AA in 1999. She has attended two Mindfulness-Based Stress Reduction courses, and is a member of a Centering Prayer group that meets at Edgcumbe Presbyterian Church in Saint Paul on Tuesdays.

Jon S.

A writer, editor and journalist, Jon has been in recovery since 1985, has written many articles about spirituality and has authored a book profiling spiritual seekers. He attends the Centering Prayer group at St. Thomas More church in Saint Paul.

Adam G.

In recovery since 1985, Adam is a facilitator for the St. Matthew’s Centering Prayer group in Saint Paul. He maintains the website for Minnesota Contemplative Outreach.

Katharine Q.

Katharine began her recovery from codependency in Al-Anon 44 years ago and practices principles of the 12 Steps in combination with A Course in Miracles. She is a retired prevention specialist who dedicated her career to helping family members, especially children, recover from the disease of codependency.

Jay M.

Jay has been practicing Centering Prayer for 10 years. He has the ability to 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.

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

