

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
- Group discussions

Suggested Donation

A free-will offering of \$10 per session to cover rent, snacks, printing and coffee is greatly appreciated.

Directions to First Universalist Church of Minneapolis

From the East: I-94 west to I-35W south. Exit 14 from I-35W south. Right on 35th St.; right on Dupont Ave.

From the West: I-394 east to Dunwoody Blvd., Minneapolis. Right on Dunwoody. Exit 8A and right onto Lyndale Ave. Right on 35th St.; right on Dupont Ave.

From the South: I-35W north; Exit 14 (36th St./35th St.). Briefly merge onto 2nd Ave. S. Left on 35th St.; Right on Dupont Ave.

From the North: I-35W south. Exit 14 (36th St./35th St.). Briefly merge onto Stevens Avenue. Right on 35th St. Right on Dupont Ave.

Enter on the Dupont Ave. side, through the door next to the steps.

Schedule

Monthly – October - May

9:00 AM – 12 Noon

October 5, 2019 (1st Saturday)
November 2, 2019 (1st Saturday)
December 7, 2019 (1st Saturday)
January 18, 2020 (3rd Saturday)
February 15, 2020 (3rd Saturday)
March 21, 2020 (3rd Saturday)
April 18, 2020 (3rd Saturday)
May 30, 2020 (5th Saturday)

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

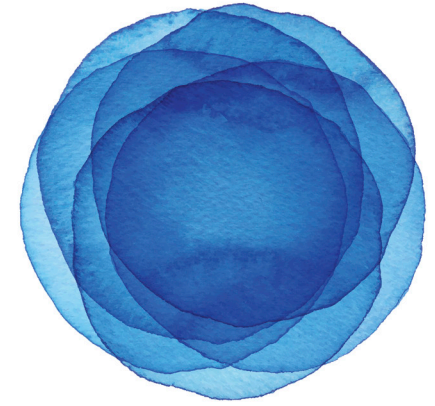
Please visit our web site and blog three days prior to workshop dates for details about our presenters, Steps and topics.
www.12StepSpirituality.org

Join Our Mailing List

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

12StepSpirituality.org

[Facebook.com/12StepSpirituality](https://www.facebook.com/12StepSpirituality)



12 Step Spirituality

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

Monthly October 2019 – May 2020

9:00 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.

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 Tuesday night 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, who makes audio recordings of our presenters' talks, has been in recovery since 2005. He attends the Tuesday night group at St. Thomas More church. Jay reports having had his recovery “revolutionized by the transformative nature of Centering Prayer.”

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

