

For All in 12 Step Recovery

Centering Prayer as an 11th Step Practice

Saturday, December 9, 2017

10:00 am- 5:00 pm

St. Brigid's Catholic Church, 4735 Cass St. San Diego, CA. 92109

If you are in 12 Step Recovery and are interested in deepening your current practice, **The 11th Step, Centering Prayer** might be for you. Centering Prayer is a Christian method of silent prayer, in which we experience our Higher Power's presence within us. The focus of this prayer is a deepening of our relationship with Higher Power.

Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying for knowledge of His will for us and the power to carry that out."

Centering Prayer as a meditative practice can help to:

- Enhance our ability to let go and let God
- Develops in us a nonjudgmental attitude of ourselves and others.
- Nurtures our ability to live in the present moment
- Emerging in us a capacity to listen and serve others.

The workshop is presented by two people who are in recovery themselves:

Christophe D. is from San Pedro, Los Angeles. He has been sober in AA since 1984; and has practiced Centering Prayer since 1994. Christophe was one of the people to help form and create Centering Prayer as the 11th Step organization, and presents retreats and workshops on this method.

Ramon E. has been sober in 12 step groups since 1992 and has practiced Centering Prayer since 1995. He is a trained presenter of Centering Prayer as the 11th step, and a Centering prayer group facilitator for 11th step groups.

Suggested Donation: Free will offering in keeping with the 7th Tradition

To register for this event email: Karen, Centering Prayer Group Facilitator St. Brigid Church:
kdowns2@san.rr.com