

# Zoom Meetings

## Weekly Zoom Meetings

We meet every weekend, including on Saturdays with the In-Person meeting, throughout the year.

**Saturdays, 9:30 – 10:45 AM**

**Zoom Meeting ID: 891 6056 9630**

**Passcode: 605838**

## Zoom Sessions include:

- Welcoming Prayer
- Centering Prayer meditation (instructions, 20-minute silent sit)
- Speaker sharing briefly on their spiritual journey of recovery
- Small group breakouts
- Grateful Heart Practice



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

# In-Person Meetings

**1<sup>st</sup> Saturdays**

**Monthly, October to May**

**9:30 AM – 12 Noon**

## In-Person Sessions Include:

- Welcoming Prayer
- Centering Prayer meditation (instructions, 20-minute silent sit)
- Speaker sharing briefly on their spiritual journey of recovery
- Small Group discussions

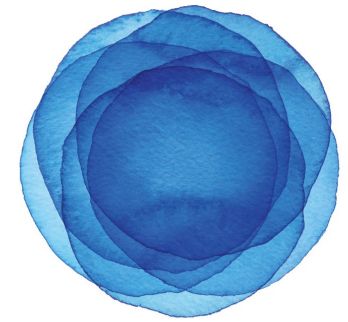
## Location

First Universalist Church of Minneapolis  
Social Hall  
3400 Dupont Avenue South  
Minneapolis, MN 55408

## Online Resources

Visit our website to join our mailing list and for recordings of past talks. The website also lists other 12-Step oriented online meetings.

**[12stepspirituality.org](http://12stepspirituality.org)**



# 12 Step Spirituality

**We focus on the 11th Step using Centering Prayer meditation to open us to the presence and action of our own Higher Power.**

## In-Person

1<sup>st</sup> Saturdays, Oct 2023 – May 2024  
9:30 AM – 12:00 Noon  
1<sup>st</sup> Universalist Church, MPLS

## Zoom

Every Saturday, 9:30 – 10:45 AM

**Mailing List and Questions:**

**[12StepCP@gmail.com](mailto:12StepCP@gmail.com)**





## Presenters

### **Lana H.**

Lana began her recovery journey in 2012 in a parents' Al-Anon meeting, finding relief from the unpredictability and chaos of addiction. She has found purpose and healing in the practices of welcoming and Centering Prayer, and in sharing her personal experiences of challenge and renewal.

### **Mary L.**

Mary has been working a 12-Step program as an Adult Child since 1984. Her 11th Step practice led her to Centering Prayer, and she is a commissioned Centering and Welcoming prayer presenter. She is especially grateful for this opportunity to work her program.

### **Joni McD.**

Joni received the gift of sobriety in 1986. She started Centering Prayer in April 2020 at the 12-Step Spirituality Zoom meeting and thought, "I am going to do this!" Joni is an avid student of Centering Prayer and the Welcoming Prayer.

### **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.

### **Adam G.**

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

### **John H.**

John, along with his wife Lana, joined a parent-oriented Al-Anon meeting in 2012, and not long after that, found his way to the 12-Step Spirituality community. His study and practice of Welcoming and Centering Prayer has deeply affected his spiritual and physical well-being.

### **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.

### **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.

### **Bill U.**

Bill started ACA and quit drinking the same week in 1985. He has been actively writing poetry as recovery tool for about 20 years, and more recently added Centering Prayer practice to further his personal-spiritual growth.

### **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.

## Is Centering Prayer Meditation for You?

These sessions are designed for those actively working a 12 Step program and wanting to deepen their spirituality using this as an 11<sup>th</sup> step practice.

### **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

