

## Details

### Sessions Include:

- Centering Prayer Instruction
- Two 20 Minute Sessions of Silence
- Reading from the Big Book
  - Presenters Share Personal Experiences
- Teaching on 12 Step Spirituality and Impediments to It
  - Group Discussions

### Suggested Donation:

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

### Directions to Colonial Church of Edina:

Located north of Hwy 62 in Edina; From Hwy 62 take the Tracy Ave exit, turning north onto Tracy Ave. Take the 1st left (west) onto Colonial Way. Colonial Church is located on the left.



Additional  
Information:  
[12StepSpirituality.org](http://12StepSpirituality.org)

## Schedule

September 12, 2015

Self-Compassion  
as a Spiritual Practice Workshop  
(at the Retreat in Wayzata)

October 17, 2015\*

Step 1: "Deflation at Depth"

November 14, 2015

Step 2: "Opening the Door: Saying "Yes"  
to an Offered Invitation"  
& "God Consciousness"

December 12, 2015

Step 3: "Bondage of Self"

January 9, 2016

Steps 4 and 5: "Writing Our Wrongs" &  
"Embarrassment as a Spiritual Path"

February 13, 2016

Steps 6 and 7: "Freedom in Humility,  
Are You Kidding?"

March 12, 2016

Steps 8 and 9: "Forgiveness"

April 9, 2016

Steps 10 and 11: "Getting to Empty:  
Letting God Drive the Bus"  
& "Spirituality of Imperfection"

May 14, 2016

Step 12: "What's Spiritual Experience  
and Spiritual Awakening Like?"

\*3rd Saturday of the month

## Exploring 12 Step Spirituality

Explore  
Centering Prayer Meditation  
& Deepen Your Practice  
of Step 11

Support for Your Journey  
on the Path to 12 Step Spirituality



2nd Saturday Monthly  
September 2015 - May 2016  
9:00 am - 12:00 pm  
Colonial Church of Edina  
Fireside Room  
6200 Colonial Way  
Edina, MN 55436

[www.12StepSpirituality.org](http://www.12StepSpirituality.org)  
[Facebook.com/12StepSpirituality](https://www.facebook.com/12StepSpirituality)  
[Twitter.com/12StepCP](https://twitter.com/12StepCP)

# Presenters



## *Dick Y.*

Dick has been studying, practicing and teaching Centering Prayer and other forms of meditation for over 25 years. He is a commissioned presenter of Centering Prayer and a member of Al-Anon and ACA.

## *Mary W.*

A meditation teacher and psychotherapist, Mary has taught at local colleges and treatment centers, focusing on human development, prayer, meditation and co-dependence.

## *Julie G.*

Julie works her recovery program in AA, Al-Anon and OA, and as been shaped and guided by the 12 Steps since 1992. She is in the formation process to become a commissioned presenter of Introduction to Centering Prayer workshops. She continues to deepen her spiritual path through creativity and color, parenting and being a Pastor.

## *Jon S.*

A writer, editor and journalist, Jon has been in recovery since 1985, written extensively about spirituality and authored a book profiling well-known spiritual leaders.

## *Adam G.*

In recovery since 1985, Adam is a facilitator for the St. Thomas More and St. Matthew's Centering Prayer Groups. He maintains the website for Minnesota Contemplative Outreach.

## *Mark R.*

Mark is a commissioned presenter of Introduction to Centering Prayer. Centering Prayer has been the cornerstone of his recovery program since 2009.

## *Jay M.*

Jay M., 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 in Saint Paul. Jay reports having had his recovery "revolutionized by the transformative nature of Centering Prayer."

## *Is Centering Prayer 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?*

- 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 emotional experiences.



*Sought through  
Prayer and  
Meditation..."*



*Questions:*

*Info@12StepSpirituality.org*