



# 12 Step Centering Prayer Group

**Thursdays 5:30p to 7:00p**



This group focuses on the 11<sup>th</sup> step and provides a method for prayer and meditation. Centering Prayer is an ancient meditation practice that has been used over the centuries, but it is different from what we may think of as prayers. It is not the type of prayer we are used to, like praying for something we want. It is simply moving deep within ourselves, in silence, saying nothing, asking for nothing, just being, by letting go of our thoughts and allowing our Higher Power to be with us. The practice of Centering Prayer has parallels with other traditional practices and is simple and easy to do.

Whether you're new to the 12 Steps or you have years of recovery, this daily practice can help you improve your conscious contact with your Higher Power.

Group has centering prayer trained facilitators.

*"Exposure to silence on a regular basis offers a kind of universal healing for everybody no matter what their religion – or if they are of no religion."*

- Thomas Keating



## Benefits of Centering Prayer

The positive effects of the prayer are experienced in daily life and not necessarily during the prayer period itself. Growth happens when we practice Centering Prayer in the context of the 12 Steps. Some benefits are:

- We enhance our ability to “Let Go and Let God.”
- We develop a nonjudgemental attitude of ourselves and others.
- We become more comfortable in our own skin
- We grow in our capacity to listen and serve others
- We nurture our ability to live in the present moment.

According to the AA “Twelve Steps and Twelve Traditions” (12&12)

*“There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.”*

This method is intended to support and supplement the instructions given in the Big Book, not modify or replace them in any way. It’s all about you and your God “as you understand God.”