

12-STEP CENTERING PRAYER WORKSHOP



**Are you searching for emotional
and spiritual sobriety?**

Whether you have been in recovery for a long time or are just beginning, you have probably experienced many frustrated feelings that didn't just go away when you got abstinent or sober...problems with relationships, work, anxiety, depression, or feelings of emptiness.

These feelings are natural for us regardless of our addiction or time in recovery. But we don't have to let emotions rule our lives. The 11th Step offers us a solution! Through the simple method of Centering Prayer, we can improve our relationship with our Higher Power by simply consenting to our Higher Power's presence and action within us.

In this workshop, we'll learn the method of Centering Prayer, an ancient meditation practice that is different from what we may think of as prayer. It is simply moving deep within ourselves, in silence, saying nothing, asking for nothing, just being.

All are welcome.

PRESENTED BY
THE CENTER FOR
CONTEMPLATIVE LIVING

A Free In-Person Event

6500 Girard St., Denver, CO
Located inside Calvary
Baptist Church

**Saturday,
July 18**

9:00 am to 12:00 pm

Cost: Free
No registration required.
Walk-ins welcome.

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Center for
Contemplative
Living /
Contemplative
Outreach Colorado

We are a nonprofit organization founded in 1987 to promote the practice of Centering Prayer. We distribute the wisdom teachings of a contemplative life through online and in-person courses. If you are looking for spiritual practices that deepen your relationship with the divine (however you name it), visit our website to learn more.