

## Details

### Sessions Include:

- Centering Prayer meditation instruction
- Two 20-minute sessions of Centering Prayer
- Reading from the Big Book
  - Presenters sharing personal experiences
- Teaching on 12 Step spirituality and impediments to it
  - Group discussions

### Suggested Donation:

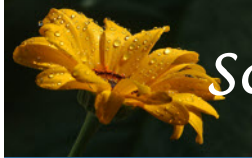
A free-will offering of \$10 per session to cover rent, snacks, printing and coffee is greatly appreciated.

### 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 first left (west) onto Colonial Way. Colonial Church is on the left.



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



## Schedule

*Monthly September - May  
9:00 am - 12:00 pm*

*September 16, 2017 - Emotional Sobriety Workshop  
October 14, 2017  
November 18, 2017  
December 9, 2017  
January 13, 2018  
February 10, 2018  
March 10, 2018  
April 14, 2018  
May 12, 2018*

### Online Resources:

Keep visiting our web site for session details, blog postings and access to past talk recordings. The web site also hosts online tools, links and materials shared in sessions.

### Session Updates:

Please visit our web site and blog three days prior to workshop dates for details about our presenters, Steps and topics.  
[www.12StepSpirituality.org](http://www.12StepSpirituality.org)

### Join Our Mailing List:

Sign up online to receive monthly workshop notifications and 12 Step Spirituality communications.  
[Info@12StepSpirituality.org](mailto:Info@12StepSpirituality.org)

# Exploring 12 Step Spirituality

With a focus on the  
11th Step, using  
Centering Prayer  
meditation



*Monthly September 2017 -  
May 2018  
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)



# Presenters



## 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.

## Mary L.

Mary L, M.Ed., is a commissioned Workshop presenter, and co-coordinator for Minnesota Contemplative Outreach. She has been in ACA recovery for 32 years, and began using Centering Prayer as an 11th Step practice in 1996.

## Julie G.

Julie works her recovery program in AA, Al-Anon, OA and ACA, and has been shaped and guided by the 12 Steps since 1992. She is a commissioned Workshop presenter. She continues to deepen her spiritual path through creativity and color, parenting and being a pastor.

## Glenn K.

Glenn is a commissioned Workshop presenter. Having experienced the benefits of a daily practice in his own recovery, he is dedicated to helping those who wish to learn.

## Jon S.

A writer, editor and journalist, Jon has been in recovery since 1985, has written extensively about spirituality and has authored a book profiling spiritual seekers. He attends the Tuesday night Centering Prayer group at St. Thomas More church in Saint Paul.

## Adam G.

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

## Katharine Q.

Katharine began her recovery from codependency in Al-Anon 44 years ago and practices principles of the 12 Steps in combination with *A Course in Miracles*. She is a retired prevention specialist who dedicated her career to helping family members, especially children, recover from the disease of codependency.

## 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. Jay reports having had his recovery "revolutionized by the transformative nature of Centering Prayer."

## Is Centering Prayer Meditation 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 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:

[Info@12StepSpirituality.org](mailto:Info@12StepSpirituality.org)