

www.cp12stepoutreach.org

Purpose:

- ◆ To introduce or expand and deepen the experience of Centering Prayer and the Welcoming Prayer as a part of a daily 12 Step Practice;
- ◆ To stimulate a desire and resolve in participants to practice prayer and meditation on a daily basis;
- ◆ To allow God “to relieve me from the bondage of self”;
- ◆ To deepen all prayer and meditation.

A weekend retreat consisting of the following components:

- ◆ Centering Prayer periods each day
- ◆ Silence; prayer and meditation practice
- ◆ Presentations on Centering Prayer, The Welcoming Prayer, and the Human Condition and Transformation
- ◆ Group process and discussion
- ◆ 12 Step meetings

Prerequisites:

- ◆ 12 Step experience
- ◆ A desire to gain prayer and meditation experience

Weekend Dates:

- ◆ November 7-9-10 (FRI-SUN), 2014
- ◆ Begins Friday @ 5:00PM (w/Dinner @ 6:00)
- ◆ Ends Sunday @ 12:00PM after lunch

About Centering Prayer

Thomas Keating, OCSO is one of the founders of the Centering Prayer movement and Contemplative Outreach, a spiritual network that teaches Centering Prayer and provides a support system for those who practice it. He is the author of many books and recorded presentations on Contemplative Prayer.

In 2001, **The 12 Step Outreach** sector of Contemplative Outreach was established to offer Centering Prayer to people in all 12 Step fellowships as an 11th Step prayer/meditation practice. We help individuals and groups establish contemplative prayer practices through workshops, retreats and formation programs.

The practice of Centering Prayer, and the spiritual, historical and psychological basis of it, are described and elaborated in several of Thomas Keating's works, including: Divine Therapy and Addiction (co-authored by Thomas S.) and Open Mind, Open Heart. The practice of Centering Prayer has extraordinary parallels with other traditional practices, and is remarkably simple and rewarding to practice.

For those who live by the 12 Steps found in AA, Al-Anon, SCA, OA, DA, NA, GA, and other programs, Centering Prayer and the Welcoming Prayer practice can be a key support system in the process of recovery and transformation.

Centering Prayer can help deepen our application of the 12 Steps generally, and the 11th Step specifically, through daily immersion in prayer and meditation. We believe that, when applied as a daily supplement to the 12 Steps, Centering Prayer opens us to the deepest dimension of spirituality.

About the Weekend Retreat

This conference is for people who participate in any 12 Step program, or those who support recovery, and have the intention to improve their meditation practice and enlarge their spiritual life

For all participants the retreat will offer an environment of silence, special workshops, and periods of silent prayer throughout each day. There will be presentations on The Human Condition and The Welcoming Prayer, which is a transformative practice of surrender and letting go in the heat of the moment. There will also be yoga exercises taught by an experienced teacher.

The retreat will offer an Introductory Course for those who are new to Centering Prayer. The weekend format will provide the opportunity for participants to experience Centering Prayer with ample time for group prayer periods and Soulfriending (one-on-one direction) with the Presenters.

Meditation practices similar to Centering Prayer have been used over the centuries, but are different from what we may think of as prayer. 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 and allowing our Higher Power to be with us. For those who are working a recovery program, parallels can be found between the transformation that Centering Prayer brings and the process of growth facilitated as we work the 12 Steps.

Freedom from the Bondage of Self

Whether you have been in recovery for a long time or are just beginning, you probably have experienced a lot of 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 no matter what our addiction is or the amount of time in recovery we have. But we don't have to let them rule our lives. The 11th Step offers us a solution. Through this simple method we can improve our relationship with the Ultimate Power of life. This is true whether we call that power God, Allah, Mother, another name, or no name. This process works for anyone who is willing to practice it. Every system of spiritual and religious belief in the world knows some form of this simple and powerful practice to quiet the mind and open the heart. Fr Thomas Keating once wrote that "Silence is God's first language. Everything else is a poor translation".

About The Marianist Center

The Marianist Retreat and Conference Center
4000 H. Way 109-PO Box 718
Eureka, MO 63025-0718

The center sits on 120 acres of beautiful rolling Hill-sides with 3 miles of scenic hiking trails along side the Meramec River. Accommodations include meals & private room w/private bath, (bedding and towels provided).

From St. Louis: travel I-44 west to the Eureka exit, (Hwy. 109) make a right (north) and travel App 2.5 miles to the Center on the right side.

Registration Form-Please Mail to:

Contemplative Outreach of St. Louis
C/O Grace Episcopal Church
514 E. Argonne Drive
Kirkwood, MO. 63122

12-Step Retreat

Name: _____

Address: _____

Telephone No.: _____

E-Mail address: _____

Deposit: _____

Have you taken an Introductory Workshop? (Y/N) _____
Cost (All Inclusive, w/ Meals, Bedding and Linen):

\$230.00 per person.

Send registration form with \$100 deposit prior to October 1; after this date, check for available openings. Full payment is due October 15. Please make checks payable to: Contemplative Outreach of St. Louis. This retreat fills up quickly. To guarantee your reservation, please submit early.

All participants will receive a confirmation letter by November 1, which will provide directions and all of the details needed for the retreat.

For registration or Program information please contact:

Joelle Mitchell: 314-725-2519
JoAnn Sturm: 314-780-2816
Jim McElroy: 314-725-7944
cpstlouis@earthlink.net

Contemplative Outreach of St. Louis



Presents:

THE CONTEMPLATIVE DIMENSION OF THE 12 STEPS

*Helpful Applications of the 11th
Step in Everyday Life for Growth
and Healing*

*"Sought through prayer and meditation to
improve our conscious contact with God as
we understood Him ..."*

The 11th Step

Presented by the 12 Step Outreach
Service Team of Contemplative
Outreach of St. Louis

***The Marianist Center
Eureka, MO***

November 7-9, 2014