

Recovery, Centering Prayer, and Emotional Sobriety

Insights on Emotional Sobriety and using
Centering Prayer as an 11th Step Practice



Wednesday, September 24, 2025
5:30 pm – 8:30 pm



**Community of Christ Church
Kirkwood Congregation**
830 North Kirkwood Road
St. Louis, MO 63122

Presenters: Jim McElroy
and Terry Endres

*This event is available In Person and
on Zoom. Sessions will be recorded
and available at a later date.*

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information or visit
centeringprayerstl.org



Terry Endres and Jim McElroy will present “Recovery, Centering Prayer and Emotional Sobriety” in light of the insights Thomas Keating had about using Centering Prayer as an 11th Step Practice. They will use the book, *The Soul of Sponsorship*, which explores the relationship of Bill Wilson, co-founder of Alcoholics Anonymous, and his spiritual adviser and friend, Father Ed Dowling.

Learning about Emotional Sobriety and Centering Prayer are vital for people who are seeking healing and growth in their lives, families and communities, whether they are in 12 Step Recovery or not.

Our challenges change over time – and we need to continually refine our ability to respond now in ways that reflect the best in us. Wilson and Dowling, experienced what it means to surrender humbly and readily—their legacy carries powerful implications for our time.



Contemplative Outreach
St. Louis