



## Exploring 12 step Spirituality

### Centering Prayer as an 11<sup>th</sup> Step Meditation

A Four Week Introduction to Centering Prayer  
Thursdays January 3, 10, 17, 24, 2019  
5:30 – 6:45 pm  
The Friendship Club  
1316 Apache Ave., Santa Fe, NM 87505.

If you are starting a meditation practice, seeking a new path, or are interested in deepening your current practice, come and have a new experience of silence. Centering Prayer has gained many followers among 12 step recovery programs because it provides an effective practice for Step 11 which says:

“Sought through prayer and meditation to improve conscious contact with God, as we understood Him, praying only for His will for us and the power to carry that out.”

Centering Prayer helps expand the practice of the 11th Step and deepens the awareness of the presence of a Higher Power. Classes will include talks, DVD presentations, time for sharing and silence.

The four week introduction is free of cost but registration is required.

Send registration request to [mfkean@gmail.com](mailto:mfkean@gmail.com) or call Frances Kean, 505-466-4222.

Contemplative Outreach of NM

[www.centeringnm.com](http://www.centeringnm.com)