



Centering Prayer 11th Step Retreat

Mercy Center

Friday, October 30, 2009, 6:00 p.m. until

Sunday, November 1, 2009, 1:00 p.m.

\$265

*Centering Prayer is a simple method of prayer rooted in ancient Christian practice that opens us to God's presence and divine healing. The practice of Centering Prayer and its spiritual, historical and psychological basis is described in Fr. Thomas Keating's works including **Open Heart, Open Mind and Invitation to Love**. Both are suggested readings for retreat participants.*

For those who practice the 12 Steps found in AA, Al-Anon, and other 12-Step programs, Centering Prayer supports the process initiated in the practice of the 12 Steps - the process of human transformation.

For those new to Centering Prayer, this retreat includes an introduction to Centering Prayer and its use as the 11th Step practice. For those familiar with Centering Prayer, this retreat offers a time to deepen ones practice (through additional sits) and integrate it more fully with 12-step work.

The Retreat includes:

- ◆ centering prayer periods each day
- ◆ introductory sessions for those new to Centering Prayer
- ◆ some videotape presentations by Fr. Thomas Keating which were specifically designed for this retreat/workshop
- ◆ group process and discussion
- ◆ 12 Step meetings

Prerequisites:

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

Christophe D. emigrated from France in 1976 and lives in San Pedro, California. He has been sober in AA since August 4, 1984 and has been practicing Centering Prayer since March 1994. As a member of 12 Step Outreach he has been teaching Centering Prayer and helping with weekend retreats since 2004.

Barbara B. resides in Long Beach, California and has been a member of Al Anon and practicing Centering Prayer both for over 20 years. She participated in the formation of Centering Prayer as an 11th step practice and has been teaching Centering Prayer as an 11th Step practice since 2004 and presenting at week-end retreats since 2006.

To register, please call 650.340.7454 or go to our web page at www.mercy-center.org.



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