

An Introduction to Centering Prayer

Exploring an 11th Step Practice

Saturday, June 24, 2023

8:30 am to 1:00 pm

The Method of Centering Prayer

For all those practicing any 12 Step Program, the simple yet powerful method of Centering Prayer, when used as an 11th Step Practice, opens one to a deeper healing and Spiritual Awakening.

This Workshop, presented via Zoom and “in-person” in community, will help those searching for emotional and spiritual sobriety through a 12-Step Program. Those already with an established Centering Prayer practice will also benefit by refreshing the essentials of the practice.

TO REGISTER: *First Come First Serve*

The Fee is \$20.00 (*scholarships are available*)

[CLICK HERE TO REGISTER OR USE THIS LINK:](#)

<https://www.eventbrite.com/e/630269311477>

This workshop is being presented three ways: via Zoom for individuals in their home, or in- person in community ... at two locations:

In Jefferson City MO @ Immaculate Conception Church - 1206 E McCarty St. In Pleus Hall.

In Columbia MO @ Community United Methodist Church - 3301 West Broadway. In Room 504. West end entrance by playground.



Sponsored by Contemplative Outreach of
Central MO



12 Step Contemplative Outreach is dedicated to passing on the gift of Centering Prayer and related spiritual practices to improve our conscious contact with a God of our understanding. We offer programs to those in any 12 step program of recovery, who seek a desire for deeper healing and spiritual awakening.

www.cp12stepoutreach.org

We will offer coffee, tea and water. Feel free to bring a healthy snack to share or a sweet treat!