

MEDITATION

as an

11th Step Practice.

An invitation to explore the possibility that Christian Meditation may meet a need in putting the 11th Step into practice as part of a 12 Step recovery programme from addiction.

MISSION STATEMENT

We are a group of men and women from 12 Step programmes, following the teachings of John Main and the World Community for Christian Meditation. We are not a replacement for, nor are we affiliated with, any 12 Step program of recovery. We are here to share this ancient path of contemplative prayer as a way to practise the 11th Step:

STEP 11: "Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of his will for us and the power to carry that out."

When we are willing to place spiritual growth first – then and only then do we have a real chance to grow in healthy awareness and mature love.

Bill W. As Bill Sees It. Pg 330

When we meditate, we are still in body, soul and spirit, entirely open to the presence of God and knowing that presence to be pure love, pure gentleness, pure forgiveness. In that presence we become who we truly are In that experience, we are made utterly free, free to be ourselves, free to love ourselves, our neighbour and God.

John Main. Fully Alive Pg14.

To introduce the topic we are privileged to have with us, Linda Kaye, a recovering alcoholic addict, who will share her journey in 12 step and meditation. Linda comes from Neptune Beach, Florida, where she directs a Centre of the World Community for Christian Meditation. At this centre she has been offering Christian Meditation as an 11thStep practice.

Come and listen to her story and experience of recovery and meditation practice. There will also be opportunity to experience a time of meditation and also time for answering any queries.

WHANGAREI

**Staff Room
St Francis Xavier School
1 Percy St
Tuesday 17 October 2017
7pm – 9pm**

AUCKLAND

**St Mary's Church
52 East St
Papakura
Saturday 21 October
10am – 3pm**

CHRISTCHURCH

**Christchurch Methodist Church
Cnr Harewood Rd/Chapel St
Christchurch
Sunday 22 October
1.30pm – 4.30pm**

Contact: Michael Dougherty 09 4365663/ md1@ihug.co.nz Jane Hole 021 360814 (Chch)

