

CHRISTIAN MEDITATION COMMUNITY DAY WHANGAREI

Saturday April 27th 2019 Whangarei.

Venue: Anglican Hall, Cnr Deveron St/ Kamo Rd, Regent.

When: 9 30 AM to 3 00 PM Saturday 27th April.

**Bring your own lunch. Tea/coffee provided
No cost. A Small koha appreciated.**

THEME: MEDITATION and RECOVERY

Today we will consider the place of a meditation practice within a 12 step programme of recovery.

Two people will share their testimonies describing how their own meditation practice assists each of them in their 12 Step programme – especially regarding the 11th Step.

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

There will be time available for comments, queries, basic instruction on how to meditate. And there will be two periods of meditation.

All are welcome, faith or none, 12 Step or not. Anonymity to be respected.

We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a life time. Pg 84 Alcoholics Anonymous.

Meditation is the way of growth, the way of deepening our own commitment to life, our own maturity in profound stillness the human spirit begins to be aware of its own Source. Pg 13 From Anxiety to Peace - John Main

If you are intending to come please contact:

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