

# **CHRISTIAN MEDITATION**

**as an**  
**11<sup>th</sup> Step Practice.**

**This is an invitation to explore Christian Meditation as a way of practicing the 11<sup>th</sup> Step of 12 step recovery programmes and to anyone who is interested in implementing a meditation practice in their lives.**

## **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 11<sup>th</sup> 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."**

**We enjoyed meeting some of you in October of last year, here in Whangarei and Auckland and welcome you and others to this day of meditation and reflection.**

*First of all we shall want sunlight; nothing much can grow in the dark.  
Meditation is our step out into the sun. - Bill W. "As Bill Sees It" pg 10.*

*Meditation is a gentle way of growing into a freedom beyond all egocentric limitation. .... Our way is simplicity and fidelity. - John Main  
"Monastery without Walls" pgs 215,151.*

**DATE: Saturday 7<sup>th</sup> April 2018**

**TIME: 9 30 AM to 3 00 PM**

**VENUE: Anglican Hall Lounge, Cnr Kamo Rd and Deveron St. Whangarei.**

**Bring your own lunch. Tea/Coffee provided. A small koha appreciated.**

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