

Consenting to Transformation

An Introduction to Centering Prayer Practice

as integrated with the 11th Step

Saturday, October 1, 2016, 8am to 3pm

Christ Presbyterian Church, 944 East Gorham Street, Madison, WI

and

four continuing sessions on Tuesdays, 7pm to 8pm,
October 6, 13, 20, and 27 at
Warner Park Community Recreation Center
1625 Northport Drive, Madison



We have discovered that even when we live with great resolve, determination and effort, we cannot heal ourselves. Yes, there are things we can do, but we came to believe that healing is the work of our higher power. As we consent to God's presence and action within us through the Centering Prayer practice, we open ourselves to the exact healing we most need.

Picture from Welcoming Prayer Booklet, p. 13

After doing this practice for an extended period of time, we begin to do what we intend rather than what we don't intend, to not react as we used to, to become more patient. Other people seem to be nicer than they used to be. Our "automatic" responses become kinder and more compassionate.

(Registration Information on Reverse Side)

Introductory Workshop with Four Continuing Sessions

This workshop is designed for those searching for emotional and spiritual sobriety and is a method for doing the 11th Step to improve our conscious contact with our Higher Power. "Sought through prayer and meditation" deals with our own personal attempt in communicating with a Higher Power. Many people in 12-Step programs have deepened their relationship with their Higher Power using the method of Centering Prayer. Centering Prayer is not meant to replace the work of 12-Step programs or their literature. Members of all 12-Step programs are welcome.

For those new to this form of prayer, the workshop covers the basics of Centering Prayer. For those already practicing Centering Prayer, it is a helpful refresher workshop, including new content on integrating the practice with the 11th Step and our human need for contemplative practice.

Contemplative Outreach, Ltd.

Founded in 1984 by Fr. Thomas Keating, Contemplative Outreach is an international network of faith communities whose primary purpose is to share the ancient method of Centering Prayer, and to offer practices that bring its fruits into daily life. Contemplative Outreach identifies with the Christian contemplative heritage from which Centering Prayer is drawn. This heritage is recognized as a common ground of unity and the practice of Centering Prayer has parallels with other spiritual traditions. For those who live by the 12 Steps, a Centering Prayer practice can be a key support system in the process of recovery and transformation.

Internet: www.contemplativeoutreach.org

12-Step Outreach (a Service Team of Contemplative Outreach) is dedicated to offering Centering Prayer to all 12- Step people as an 11th Step prayer/meditation practice. We help individuals and groups establish a contemplative prayer practice through workshops, retreats and formation programs.

Internet: www.cp12stepoutreach.org/

Cost: \$25—This includes coffee, snacks, and a selection of sub sandwiches for lunch. We will have some vegetarian sandwiches but if you have other special dietary needs, please plan to bring your own lunch and snacks.

(Scholarships available, contact Trena Wendt, 608-206-9960)

Make checks payable to: Contemplative Outreach of Madison

Mail to: Trena Wendt, 4118 Buckeye Road, Madison WI 53716

Please register by Monday, September 26

Name _____

Street Address _____

City/State/Zip _____

Phone _____ E-Mail _____