



*For those in Twelve-Step recovery:*

Contemplative Outreach of Madison  
will present  
**Centering Prayer as an 11th Step Practice  
Introductory Workshop**  
and a presentation on  
**The Human Condition**  
Based on the teaching of Thomas Keating  
by **Zoom**

**Saturday, September 10, 2022**

8:00 am to 12:30 pm Central Time

**PLUS**

*Four continuing sessions by Zoom*

Saturdays 9:00 -10:00 am Central Time

September 17th, 24th and October 1st, and 8th

Please [register](#) by September 5, 2022

Questions may be sent to:  
centeringprayermadison@gmail.com



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.

### About Centering Prayer

Centering Prayer is an ancient meditation practice that has been used over the centuries, but it is different from what we may think of as prayer. It is not the type of prayer we are used to, like praying for something we want. It is simply moving deep within ourselves, in silence, saying nothing, asking for nothing, just being, by letting go of our thoughts and allowing our Higher Power to be with us. The practice of Centering Prayer has parallels with other traditional practices and is simple and easy to do.

### Benefits of Centering Prayer

The positive effects of the prayer are experienced in daily life and not necessarily during the prayer period itself. Growth happens when we practice Centering Prayer in the context of the 12 Steps.

Some benefits are:

- We enhance our ability to “Let Go and Let God.”
- We develop a nonjudgmental attitude of ourselves & others.
- We become more comfortable in our own skin.
- We grow in our capacity to listen and serve others.
- We nurture our ability to live in the present moment.

*“There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.”*

-12 Steps & 12 Traditions

*“Exposure to silence on a regular basis offers a kind of universal healing for everybody no matter what their religion—or if they are of no religion.”*

-Thomas Keating

## **About The Human Condition**

Thomas Keating has written: “All of us come into this world as little bundles of emotional needs, of which we can identify three in particular: security and survival, affection and esteem, and power and control...The energy that we put into trying to find happiness in fulfilling these emotional needs tends to increase with time... Our experience of life on the ordinary psychological level is normally one of being dominated by external events and our emotional reactions to them. Some of this is conscious, but much of it is rooted in the unconscious. This is the illness of the human condition from which we all suffer.”

The talks in this workshop will consider how a contemplative method like Centering Prayer—as part of an 11<sup>th</sup> Step practice—can address this reality of the human condition and help us develop emotional sobriety and genuine happiness.

## **About Thomas Keating**

Thomas Keating was one of the founders of the Centering Prayer movement and Contemplative Outreach, a network that teaches the prayer and provides a support system for those who practice it. He is the author of many books and audio/video series. One of Keating’s books is *Divine Therapy and Addiction*. The book is a transcript an interview of Thomas Keating conducted by a recovering alcoholic, Tom S., that deals specifically with using Centering Prayer in Twelve Step recovery.

## **About 12 Step Outreach**

In 2001, the 12 Step Outreach program of Contemplative Outreach was established to offer Centering Prayer to people in all 12 Step fellowships as an 11th Step prayer/meditation practice. We help individuals and groups establish contemplative prayer practices through workshops, retreats and formation programs. Many people are already practicing Centering Prayer and find it to be transformative to their recovery. 12 Step Outreach offers retreats and introductory workshops that teach this method in more depth. Information about workshops, retreats and Zoom Centering Prayer Groups offered by the 12 Step Outreach can be found at: [www.cp12stepoutreach.org](http://www.cp12stepoutreach.org).

Books by Thomas Keating can be purchased at [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org).