



Kenny Kohberger:

Early recovery called for new beginnings in every aspect, including location. I ventured from Manhattan to the Midwest sheltered in my covered wagon of self-centeredness and landed in Wisconsin! The Benedictine Women of Madison's monastic community unconditionally welcomed me home. Monasticism spoke to me in a foreign language that clearly required translation yet spoke to my longing to reconnect with God. I gradually experienced the value of relationship through the inner core of goodness my new community identified within me and each other. It became apparent the protective cover of self no longer served my pioneering desire of self-discovery. Throughout my perilous search the truth I sought had patiently awaited within me. I discovered that a daily meditation practice of Centering Prayer translates God's first language, "Be still and know and know that I am God." In silence, sitting still, I listened, God spoke.

As I listened, I realized that Centering Prayer spoke to my 12-Step program of recovery. The 11th Step suggested meditation to improve my conscious contact with the God of my understanding. How cool is that! With a God of my understanding, a Twelve-Step program of recovery, and a daily practice of Centering Prayer I discovered why the stirring inside me was so strong. I totally related when I read Thomas Keating's description of this stirring within us as a common core of Goodness. The core's source of goodness is God, thus is God. God is within us, within all humankind! This revelation embraces me in relationship with myself, God, and all humanity.