

## **PRAYER & MEDITATION WORKSHOP STEP ELEVEN**

**STEP ELEVEN:** “Sought through **prayer** and **meditation** to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

**We require nourishment for our spirit, as well as for the body and the mind.**

**Prayer and Meditation. “Prayer”:** How do I pray? When do I pray? Do I pray in my mind or my heart? **“Meditation”:** What is it? How does it work?

**Let us look at an unshakable foundation for life in the 11<sup>th</sup> Step Promise (12&12 pp 98-99)**

WELCOME/WHAT IS PRAYER	Patricia G
MINDFULNESS MEDITATION	Jessica H.
11 <sup>TH</sup> STEP PROMISE	Rich B.
MEDITATION POSTURES (YOGA)	Jessica R.
LUNCHEON FEAST	
TAI-CHI MEDITATION	Tom S./Dan N.
GUIDED WALKING MEDITATION	Dan N.
MINDFULNESS MEDITATION	Jessica H.
MIND/HEART/CONTEMPLATIVE PRAYER	Patricia G.
DISCUSSION/CLOSING	All

**If I do not accept that spiritual growth comes in steps and often slowly, then I cannot experience the gift of Step Eleven. I cannot know the wonder and depth of the meaning of meditation and prayer that comes only through practice.**

**SATURDAY, APRIL 9<sup>TH</sup>, 2016  
10:30 A.M. - 2:30 P.M.  
Bethany United Methodist Church  
8648 Stephen Decatur Highway, Berlin, MD 21811**

**WORKSHOP: FREE / LUNCHEON FEAST: \$5**