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Christian Meditation as an 11th Step Practice

Welcome

?Meditation begins with a call that awakens us out of the coma of self-preoccupation. We are called, we are chosen. Meditation is our response to that call from the deepest center of our awakened consciousness?.by letting go in meditation we learn how to love?
Moment of Christ - John Main, O.S.B.

We are a group of men and women from 12 step programs, 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 practice the 11th Step:

?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.?
Step 11 of the 12 Step Programs

?Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God?s will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer

deeply disturbed by all theseeming evidence to the contrary that surrounds us in purely human affairs. We know that when we turn to Him, all will be well with us, here and hereafter.? 12 Steps 12 Traditions.

This web space is intended to provide an opportunity for people in 12 Step recovery to connect with a support system for meditation. We honor the traditions of 12 Step recovery. Anonymity, the spiritual foundation of our recovery, reminds us to put principles before personalities. We therefore maintain anonymity at the level of press, radio, films, and digital media, such as the Internet, and we encourage the principle of attraction rather than promotion in our public relations efforts. If you would like to present an introductory workshop for Christian Meditation As An 11th Step Practice, we can help.

- **Suggested Guidelines for a Group**
- **Suggested Guidelines for a Group Format**
- **Read the 11th Step Weekly Teachings**

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11th Step

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