

Christian Meditation as an 11th Step Practice Guidelines to Start a Group

The important aim of the group is to practice the 11th Step of the 12 step programs, in the tradition of Christian Meditation. The mission statement explains our primary purpose:

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.”*

We suggest the facilitator of the group be active in a 12-step program of recovery and have an understanding of the *Essential Teaching*, although this is not a requirement. The format to use is optional and should suit the needs of the group.

The most important time is the time of silence. We encourage the facilitator to create a contemplative atmosphere and maintain the focus on the teachings of Christian *Meditation* and how this way of prayer relates to the practice of the 11th Step. This is *not* the time for an AA meeting which tend to be more chatty and high energy. Instead this is a time of sacred space, *listening with the ear of the heart*. There is an opportunity for *brief* faith sharing or questions. *What is the teaching saying to me today in my spiritual journey of awakening in the 'joy of living,' 'leaving self behind and growing in 'humility and responsibility'?*

Resources are available on the www.wccm.org *Christian Meditation as an 11th Step Practice*
Contact: cm11thstep@gmail.com wccmneptunebach@att.net

KNOW THE ESSENTIAL TEACHING

While the regular teaching component of the weekly meeting is critical, in the end the group teaches what can only truly be learned from experience, in silence. But just as it is important to begin each session with a teaching, it is also important for the group leader to feel comfortable in articulating the Essential Teaching in his or her own words and style. There are of course many ways to convey the same truth, as long as the essential simplicity of meditation is emphasized.

Once you establish your group it is important to contact the coordinator of your area so we can list your group on local, national or international websites:

www.wccm-usa.org
www.wccm.org www.wccmneptunebeach.org