

Christian Meditation as an 11th Step Practice

“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.”

John Main OSB

Guidelines for a Group

It is important to have a basic understanding of *The Essential Teaching* of Christian Meditation and the guidelines for *How to Start A Group* (click here). This will be the foundation for your group.

Suggested Format

- Welcome – (cell phone reminder)
- Moment of silence . . .”*room to breathe room to be*”
- Invite someone to read the Mission Statement:

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:

Step 11 - “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.”
- How To Meditate – In your own words or the CD (If newcomers are present briefly go over the format of the evening)
- Reading from the 11th Step *or* other AA Literature that relates to the weeks teaching.
- “Example: “Meditation is something which can always be further developed. It has no boundaries, either of width, or height. Aided by such instruction and example as we can find, it is essentially an individual adventure, something which each of us works out in his own way. But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love.” 12x12 p101
- Opening prayer - together (Found online, written by Fr. John Main)
- CD20 minute Meditation –
- Lord’s Prayer
- Pass out the Teaching of the Week (Light Within example)
- Faith sharing. This is a *brief* time of identifying with the readings in relation to our journey of a spiritual awakening in the practice of Step 11
- Announcements – includes suggestion for donation to cover expenses and support of WCCM
- Mystery of Love Music CD
- Closing Prayer - together (Found online, written by Fr. Laurence Freeman)