

A Centering Prayer 11th Step Retreat with Vicky Bolts & George Biniek



Friday, March 9, 2012, 6:00 p.m. until

Sunday, March 11, 2012, 1:00 p.m.

\$265/\$225 Commuter

*Centering Prayer is a simple method of prayer rooted in ancient Christian practice that opens us to God's presence and divine healing. The practice of Centering Prayer and its spiritual, historical and psychological basis is described in Fr. Thomas Keating's works including **Open Heart, Open Mind** and **Invitation to Love**. Both are suggested readings for retreat participants.*

For those who practice the 12 Steps found in AA, Al-Anon, and other 12-Step programs, Centering Prayer supports the process initiated in the practice of the 12 Steps - the process of human transformation.

This retreat includes an introduction to Centering Prayer and its use as the 11th Step practice. The opportunity to practice together several times over the weekend creates a particularly rich experience of learning and integration of this prayer with 12 Step recovery.

The Retreat includes:

- ◆ centering prayer periods each day
- ◆ introductory sessions
- ◆ group process and discussion
- ◆ 12 Step meetings

Prerequisites:

- ◆ 12 Step experience
- ◆ A willingness to gain prayer and meditation experience

George Biniek is a credentialed presenter of Centering Prayer and Centering Prayer as the 11th Step. He has been co-facilitator of the Centering Prayer group at San Quentin State Prison for eight years. His main focus is to introduce Centering Prayer into jails and prisons and into recovery rooms. His home group is the Meditation Meeting at Laguna Honda Hospital in San Francisco.

Vicky Bolts coordinates Contemplative Outreach 11th Step work in the Bay Area. She has taught Centering Prayer in parishes, at San Quentin, and at the San Carlos Peninsula Fellowship of Alcoholics Anonymous

Please register on our web page at www.mercy-center.org or by calling 650-340-7454.



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