

Sought through prayer and meditation

An Eleventh Step Workshop

Saturday September 12th 1PM to 3PM

At the Intergroup/District Offices
Top of the Square 146 Arsenal Street Suite #10 Watertown
(Ground level underneath the YMCA)

"Step eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. ... It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions."

Big Book Chapter 6 Into Action page 85

Two approaches to Step 11 will be examined:
***Christian Prayer
& Mindfulness Meditation***



The 2,600 year old tradition of Mindfulness Meditation as taught based on psychological and neuroscience research will be explained including a guided meditation. *Tom D - AA member & Mindfulness teacher*



The tradition of prayer in Christianity and how it might inform the prayer life of AA's regardless of their personal understanding of their Higher Power, with discussion and examples. *Jackie D - AA member & ordained Episcopal priest*



**Presentations are Interactive
with discussion and Q&A**



Neither presenter will try to persuade participants to adopt any particular belief and no criticism of other belief traditions will be expressed. All are welcome regardless of beliefs or non-beliefs.

The Program is **Free** – No Prior registration is needed.

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**All Donations Go To Intergroup & District
to Help Cover Office Expenses.**

of His will for us and the power to carry that out.

to improve our conscious contact with God as we

understood Him, praying only for knowledge