



Session Four - April 14th 2022

Mike C

“Knowledge is power but it doesn’t address that hole that is in my heart” Mike C

Mike C also mentioned this approach:

<https://www.emdr.com/>

In part two, the Breakout groups in this session explored the following questions:

1. In what ways does your community help support your 11th step practice?
2. What are some actions you have taken (or can take) to build or strengthen your 12 Step CP community?
3. How can 12 Step Outreach support you in establishing or building your 12 Step CP community?
4. Do you see any opportunities that we have not identified to carry the message of CP as an 11th step practice?
5. How can 12 Step Outreach assist you in your individual practice(s) of Centering Prayer and Welcoming Prayer?

If you have any additional responses or thoughts to these questions then please take a few minutes to email your ideas to us at: info@centeringprayer.org

THANK YOU for sharing Mike!

Session Three - April 8th 2022

Panelists:

Jean M

Welcoming Prayer

here are three movements of the Welcoming Prayer

To begin/

Feel and sink into what you are experiencing this moment in your body.

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Then/

“WELCOME” what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling.

