

## CENTERING PRAYER 11th STEP RETREAT

**October 22-24, 2010  
Friday 5:00 pm (dinner) to  
Sunday 1:00 pm  
\$265**

Come spend a weekend at Mercy Center, time for praying in silence, walking on shaded paths, sharing with other 12 Step members. This retreat will support and introduce you to Centering Prayer, a silent preparation for contemplation.

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.

For those new to Centering Prayer, this retreat includes an introduction to Centering Prayer and its use as the 11th Step practice. For those familiar with Centering Prayer, this retreat offers a time to deepen one's practice (through additional sits) and integrate it more fully with 12-Step work.

### **Retreat will include:**

- Centering prayer periods each day
- Introductory sessions for those new to Centering Prayer
- Video presentations by Fr. Thomas Keating which were specifically designed for this retreat/workshop
- 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 8 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.