



**12 STEP  
OUTREACH**

Join us for an In-Person  
**"Introduction to Centering Prayer as an 11th  
Step Practice Workshop "**

on

**Saturday May 11, 2024**

**9 am until 12:30 pm**

at

Shepherd of the Hills UCC,

5524 E Lafayette Blvd

Phoenix, AZ 85018

**Registration:**

<https://contemplativeoutreach-phoenix.org/component/eventbooking/workshop/120-11th-step-intro-to-centering-prayer>

**Suggested \$20 donation**

We will explore:

- How the practice leads to a deepening relationship with a Higher Power.
- The four guidelines of the practice.
- Detaching from our thoughts.
- Fruits of the practice.

We will hold six weekly follow-up sessions after the Workshop to help you establish a daily practice by answering questions that come up during the week and provide further teaching on the prayer.