

**January 4 - 10**  
**Meditations**





# My Notes

A grayscale photograph of a hand reaching out from the bottom left towards the center. The background is a body of water with mountains in the distance under a bright sky.

**A RECOVERY PROGRAM DESIGNED  
WITH THESE CORE VALUES:**

**COMPASSION  
INCLUSION  
REFLECTION  
MOTIVATION  
INSPIRATION  
RESTORATION  
REVELATION**

***Inspired by: Proverbs 4:23. Galatians 5:22,23. John 3:16.  
Ps 119:28. Romans 12:2,3.***

## **Surrendering Prayer**

*God, I need you. Thank you for loving me so much you became like me so I will know there's nowhere I can go that you aren't already. Guide me to surrender to your grace, to discern wisdom, and see goodness. Teach me to know and trust Your presence. And generously produce in me the fruit of the Spirit — love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

# GROUP GUIDELINES

Compassion  
Inclusion  
Motivation  
Reflection



Inspiration  
Restoration  
Revelation

1. **Respect** one another with compassionate actions and words.
2. Commit to using **reflective** and **active** listening.
3. Be intentional to support others without trying to fix or give advice.
4. Share your story and expect to experience acceptance.  
You choose when and where you feel comfortable sharing.
5. Allow others to share uninterrupted. Be mindful not to engage in one-on-one conversations, include the group in the discussion.
6. Respect privacy of others, not sharing stories shared in group with family members, friends, etc.
7. BE mindful of how your words and actions impact others. Is what you are going to say or do build a caring community?
8. How do we create safety together? What do we need as individuals? As a community?



# ***BENEFITS OF CENTERING PRAYER***

**Goal: Start small and increase time daily.**



**The positive effects of the prayer are experienced in daily life and not necessarily during the prayer period itself.**

**Growth happens when we practice Centering Prayer in the context of the Recovery Steps.**

## **KEY POINTS**

- **We enhance our ability to Let Go and Trust God.**
- **We develop a self compassionate attitude of ourselves & others.**
  - **We become more comfortable in our own skin.**
  - **We grow in our capacity to listen and serve others.**
- **We nurture our ability to live in the present moment.**

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**A Centering Prayer practice can be a key support system in the process of recovery and transformation.**

**Centering Prayer can help deepen our application of the Recovery Steps.**

**We believe that, when applied as a daily practice to the Recovery Steps, Centering Prayer opens us to the deepest dimension of spirituality.**



## *Contemplative Prayer - Inviting Recovery*

- *Feel and sink into what you are experiencing this moment in your body.*
- *“Welcome” what you are experiencing this moment in your body as an opportunity to invite God into the deepest parts of your heart and feel God's presence.*
- *Let go by saying “I let go of my desire for security, affection, control and embrace this moment as it is.” We embrace the process of transformation in Christ, both in ourselves and in others, through the practice of Centering Prayer. Come Closer to God.*

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- *Choose a sacred word as the symbol of your intention to consent to God's presence and action within.*
- *Sit comfortably, with eyes closed, settle briefly and silently introduce the word as the symbol of your consent to God's presence and action within.*
- *When engaged with your thoughts, return ever-so-gently to the sacred word.*
- *At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.*

***Learn to trust the moment and what comes next.***

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# Monthly Theme: Inclusion

## January 4th — Meeting Day: Lovingkindness

Peter told them, "I truly understand that God shows no partiality."

Acts 10:34

### CENTER ON LOVINGKINDNESS

for you

for another



*When we intentionally take space-time  
for silence, to be still, we make a protest  
against societies clock.*

*And the protest is healing — for ourselves  
and for the community*

*[Breathe deeply.*

*Settle as you hear.*

*Exhale the urge to rush.*

*Inhale the hope of expectation.*

*Exhale agitation and unrest.]*

*Choose a name for God that you need.*

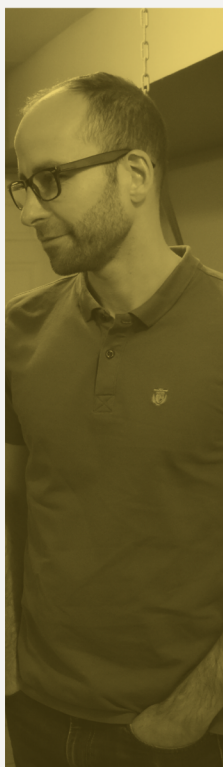
*As you breathe, sip in that name.*

*Listen.*

*When your thoughts meander, sip again.*

## Centering Prayer

A Protest



### Centering Prayer / Mantra

- Grace
- Jesus
- Wisdom
- Allah
- Creator
- Inner Light
- Lover of my Soul
- Hope
- Redeemer
- Source of Life
- Instrument of Peace
- Healer
- Just
- Father/Mother God
- Mercy





# Monthly Theme: Inclusion

## January 4-10: Lovingkindness

### Enneagram of Personality

The Enneagram refers to the nine styles or ways in which we interact with the world. It helps to uncover core motivations and coping mechanisms that, often unconsciously, underlie personality.

To discover what type resonates with you, follow the first QR code to take the FREE test.

You do not need to pay to get the result.  
Screenshot the pie chart that indicates your results.

Follow the second QR code to begin learning about the type represented by the 1st, 2nd, and 3rd largest pie pieces.

You can learn more by reading about the center your type occupies (head, heart, or gut), and your wing (the largest piece on either side of your prominent type).



Space-time in the company of someone who is different allows one the opportunity to notice what is also the same. The possibility is greater to expand one's perspective, and to know more of God.

#### Proximity Leads To Understanding

##### JUST LIKE ME

she  
has a body and mind  
has feelings and thoughts  
has been sad or disappointed  
has felt unworthy  
has longed for friendship  
is learning about life  
wishes to be safe and healthy  
wishes to be loved

*because, she is a fellow human being, just like me.*



who do you need  
to know more?

# Core Beliefs



Everyone looks at the world differently. Two people can have the same experience, yet have very different interpretations of what happened. Core beliefs are the deeply held beliefs that influence how we interpret our experiences.

Think of core beliefs like a pair of sunglasses. Everyone has a different “shade” that causes them to see things differently.



Many people have negative core beliefs that cause harmful consequences. To begin challenging your negative core beliefs, you first need to identify what they are. Here are some common examples:

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*I'm unlovable.      I'm stupid.      I'm boring.*  
*I'm not good enough.      I'm ugly.      I'm worthless.*  
*I'm a bad person.      I'm abnormal.      I'm undeserving.*

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What is one of your negative core beliefs? \_\_\_\_\_

List three pieces of evidence contrary to your negative core belief.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Core Beliefs . . .



Write down a new positive belief to replace the negative core belief listed above:

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Now commit to every time this negative thought comes up that you will practice the new positive statement (e.g. *I can learn, People are decent, I am trustworthy, I am worthy, I can do this, or other.*)

### ***My commitment:***

I, \_\_\_\_\_, (name) will practice my new thought actively to replace the negative thought(s). And I will pay attention to how I feel after doing this for 2-3 weeks.

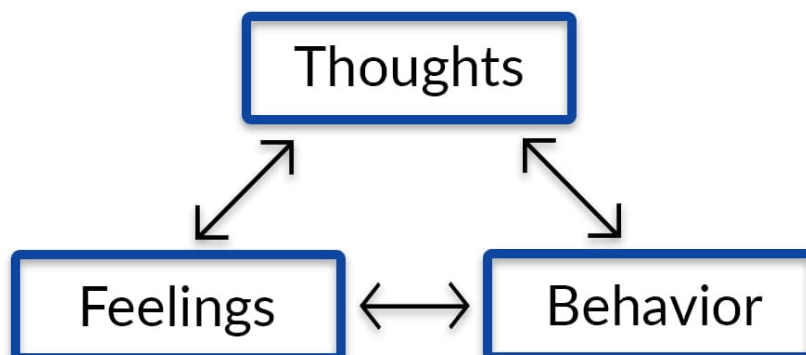
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Signature

Date

Our thoughts become habits. This means that before we even realize it, these automatic thoughts come and go. Negative thoughts have a way of leaving negative feelings about our own worth at times. You can learn to shift and change negative ways of thinking. This can help improve your own self-esteem, mood, and confidence level.

***The way we think influences how we feel. Our feelings impact our behavior.***



# Monthly Theme: Inclusion

## January 5–January 7: Lovingkindness

### Prayer of Lovingkindness Enneagram of Belonging

(BASED ON THE WORK OF CHRIS HEUERTZ)

In three deep cleansing breaths,  
breathe in the first part of phrase  
breathe out the second part.

Ex: breathe in: May I be  
breathe out: at ease.

repeat with the 2nd & 3rd phrases

Then think of someone  
toward whom you would like  
to extend Lovingkindness:  
"May YOU be at ease."

### January 5

Type **One**

May I be at ease  
May I breathe peacefully  
May I find freedom in rest

prayer of lovingkindness for:

### January 6

Type **Two**

May I offer love  
May I receive love  
May I love myself

prayer of lovingkindness for:

### January 7

Type **Three**

May I own my worth  
May I own my value  
May I be embraced by love

prayer of lovingkindness for:

— BELL HOOKS

**"We have to beware of the extent to which liberal individualism has actually been an assault on community . . . when the genuine stuff of life is our interdependency, is our capacity to feel both with and for ourselves and other people."**

what are you noticing as you practice lovingkindness?





# Monthly Theme: Inclusion

## January 8–January 10: Lovingkindness

### Prayer of Lovingkindness Enneagram of Belonging

(BASED ON THE WORK OF CHRIS HEURTZ)

In three deep cleansing breaths,  
breathe in the first part of phrase  
breathe out the second part.

Ex: breathe in: May I be  
breathe out: at ease.

repeat with the 2nd & 3rd phrases

Then think of someone  
toward whom you would like  
to extend Lovingkindness:  
"May YOU be at ease."

### January 8

Type **Four**

May I see myself  
May I know myself  
May I love myself

prayer of lovingkindness for:

### January 9

Type **Five**

May I be here now  
May I say yes to silence  
May I let go

prayer of lovingkindness for:

### January 10

Type **Six**

May I embrace my fears  
May I embrace my faith  
May I embrace my courage

prayer of lovingkindness for:

**"No one is healed isolation."**

—BELL HOOKS

what are you noticing as you practice lovingkindness?

