

**January 25 - 31**  
**Meditations**





# My Notes



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.*

.....

- *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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# **Review of last week**

## **Inclusion / Gratitude**

List at least 3 people you think of when you reflect upon individuals that have had or have a positive impact on your life.

Remember the qualities of these people and think on how they might have inspired Lovingkindness or Hope in you. How does this impact your own desire to share these inspirations with others?





# Monthly Theme: Inclusion

## January 25th — Meeting Day: **Grace**

Matthew 5:7

Blessed are the merciful, for they will receive mercy.

### CENTER ON GRACE

**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 word that you need of God.  
As you breathe, sip in that word.  
Listen.  
When your thoughts meander, sip again.*

**Centering  
Prayer**  
*A Protest*



Discernment  
Grace  
Wisdom  
Vision  
Contentedness  
Mercy  
Love  
Dignity  
Generosity  
Patience  
Trust



# Monthly Theme: Inclusion

## January 26-31: Grace

### 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).



Parker Palmer writes, "Breathe in my life, breathe out my gratitude."

As you first sit down to your work, inhale with intension: 'I am alive,' exhale with gratitude:



are you breathing?



# **Self-Care is an Act of Grace**

## **SELF-CARE CHECK UP**

Within each of these four areas take a moment to reflect on what you are doing to meet your needs in each area. At times, this exercise will help us see where we might be out of balance. Use the next page to consider and set goal(s) to help yourself move create more balance for yourself.

<b>Physical Well-Being</b>	<b>Emotional Well-Being</b>
<b>Intellectual Well-Being</b>	<b>Spiritual Well-Being</b>

What do you notice after doing this activity? If you feel drained or tired, is there a possible correlation with being out of balance and having too much of one area while not tending to another?



# **Self-Care is an Act of Grace**

Month of \_\_\_\_\_

**Instructions:** The intent of creating this plan is to spark ideas to take good care of yourself and to identify steps to put your ideas into action. Use the plan as a guide. Consider reviewing/updating it each month. Be specific in listing each activity you want to do, when or how often you will do it, and the preparation steps it will require. For example: “Walk one mile a day --- five mornings a week – determine route --- need good shoes, sunglasses, hat, etc.

## **ACTIVITY: When/How Often & Steps Needed**

Physical (Hygiene, Exercise, Nutrition, Sleep, Health Care, Stress Reduction, etc)

- 1.
- 2.
- 3.
- 4.

Intellectual (take a class, read newspaper, literature, write, learn a hobby, visit museums, exhibits, etc)

- 1.
- 2.
- 3.
- 4.

Spiritual (meditate, pray, enjoy nature, journal, sing, religious participation, etc.)

- 1.
- 2.
- 3.
- 4.

Social (Coffee with a friend, recreational events, join a club/organization, etc.)

- 1.
- 2.
- 3.
- 4.





## Worksheet for Developing a Personal Self-Care Plan

My main area of interest (eating, exercise, learning to deal with common illness problems, etc.) is:

My main personal strengths and resources in this area:

The best resources for me in this area (people, groups, classes, books, etc):

Some activities and goals I might choose to help me explore this area (Brainstorm!):

I would like to choose an initial activity that I could that I could complete in about  
days/week/months:

Within this time limit, the goal I'd most like to set for myself is:

Some small rewards I will give myself for making progress toward this goal:

A big reward I will give myself for reaching my goal:

I will ask \_\_\_\_\_ to be my support person in working toward this goal.

I will contact my support person on (date) to bring him/her up to date on my explorations in this  
area:

My commitment again is to accomplish the following activities: between now and the following date:  
\_\_\_\_\_ On that date, I will give my support person a report on my  
explorations in this area.

Signature: \_\_\_\_\_ Today's date: \_\_\_\_\_

# Monthly Theme: Inclusion

## January 26–January 28: Grace

### Practicing Grace with Enneagram Type One

The types represent nine ways we forget ourselves, and nine ways we return to the truth of us. One tends to be dominant for each of us, and indicates a deeper need.

#### Type Ones have a need to be Perfect

Ones are principled and disciplined, while intensely critical—almost exclusively directed inward.

Ones should all over themselves.

Then think of someone toward whom you would like to extend Grace:

#### January 26

**Gut**  
Center

May I embody grace  
May I radiate grace  
May grace settle into my soul

prayer of grace for:

#### January 27

**Heart**  
Center

May I be held in  
self-compassion  
sustained by God

prayer of grace for:

#### January 28

**Head**  
Center

May I know I don't need  
to be perfect to be  
loved.

prayer of grace for:

*Grace . . . travels outside karma . . .*

what are you discovering about yourself as you explore Enneagram One?

# Monthly Theme: Inclusion

## January 29–January 31: Grace

Practicing Grace with  
Enneagram Type One

### Wings

The **two types adjacent** to your core type **influence** that core.

**Two Wing** can soften  
self-criticism with compassion  
toward others

-or-

increase feelings of being  
under appreciated

**Nine Wing** can be an invitation  
to trust and acceptance of self  
and others

-or-

be more prone to putting off  
important tasks

### Lines of integration

**Lines of movement** describe patterns of  
energy or flow.

**Stretch** points to core, when stressed.

**Release** points from core, with possibility.

**Stretch Point Four** may be emphasizing  
what's not perfect.

**Release Point Seven** may find joy in  
seeing all the details and creating  
the structure.

## January 29

**BREATHE IN**

I am not made to be perfect

**BREATHE OUT**

I am made to be loved

breath prayer of grace for:

## January 30

**BREATHE IN**

The details do not define me

**BREATHE OUT**

I'm important to community

breath prayer of grace for:

## January 31

**BREATHE IN**

Shame is a liar

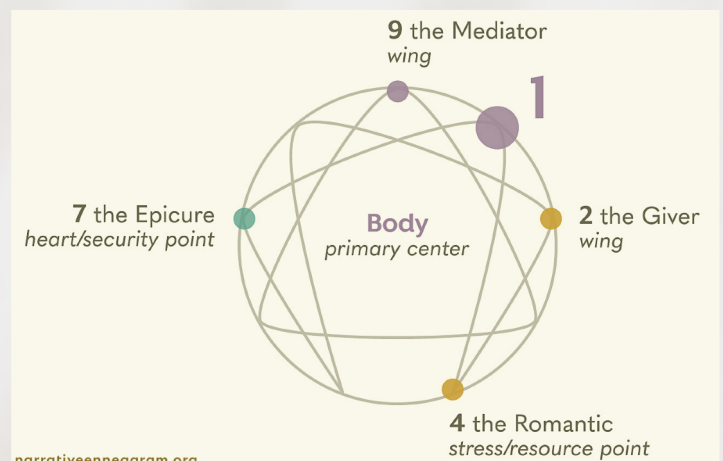
**BREATHE OUT**

I can rest in my body

breath prayer of grace for:



where are you noticing grace as you  
explore Enneagram Type One?



narrativeenneagram.org



Action:

Share a gratitude with  
the group on **GroupMe**

