

February 1 - 7

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.**

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 / Grace

What 3 words or ideas do you associate with Grace?

How can these words or concepts support you as you work to offer yourself and others grace?

Reflect on how you began to think about self-care this past week. How did the self-care pages remind or help you to increase self-care in the past week?



Monthly Theme: Reflection

February 1st — Meeting Day: Faith

Matthew 5:13-20

You season the earth. You light the world.
Don't hide it.
Let all taste and see your goodness.

REFLECT ON FAITH

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
Joy
Understanding
Vision
Compassion
Endurance
Focus
Strength
Generosity
Patience
Faithfulness



Monthly Theme: Reflection

February 1-7: Faith

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.

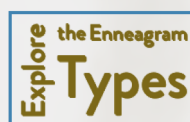
To discover what type resonates with you, follow the first QR code to take the **FREE** test.

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).



REFLECTION

With God I review my day

Thanks

Where do I find joy?

Sorry

Where do I find sadness?

Please

What do I ask from God?



notice



Self-Care Reflection

SELF-CARE CHECK IN

Personal Check In - What have you done in these 4 areas over the past week to work toward balance for self? Brainstorm activities if needed. What can you do if you are not already doing it?

Physical Well-Being	Emotional Well-Being
Intellectual Well-Being	Spiritual Well-Being



Remember, this is not a time to be critical or judgmental. This is a time to reflect and pay attention to what might be getting in the way of taking action. Do you need support from somewhere or someone? What might help?

Monthly Theme: Reflection

February 2–February 4: Faith

Practicing Faith with Enneagram Type Two

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.

Twos have a need to feel Loved

Twos value relationships and self-sacrifice, need to be liked, but don't believe they deserve it.

Twos prioritize others over their own well being.

Then think of someone with whom you would like to keep Faith:

February 2

Gut
Center

My 'No'
is holy

prayer of faith for:

February 3

Heart
Center

May I honor and
tend my own
needs

prayer of faith for:

February 4

Head
Center

May I believe
my divine
truth.

prayer of faith for:

—Alice
Walker

*"No person is your friend who
demands your silence or denies
your right to grow."*

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

Monthly Theme: Reflection

February 5–February 7: Faith

Practicing Faith with
Enneagram Type Two

Wings

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

Three Wing can bring focus,
enable sharing of responsibilities,
and adaptability

-or-

the risk of workaholism and
self-importance

One Wing can lead to
inclusiveness, and clarity
of boundaries and purpose

-or-

unrealistic expectations
and resentment

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 Eight may use manipulation
and force to get what they want.

Release Point four differentiates self
from loved ones and access core
creativity.

February 5

BREATHE IN

I don't need to your approval

BREATHE OUT

My worth is self evident

breath prayer of faith for:

February 6

BREATHE IN

I am free to let go of your needs

BREATHE OUT

I can honor my freedom

breath prayer of faith for:

February 7

BREATHE IN

I am ok alone

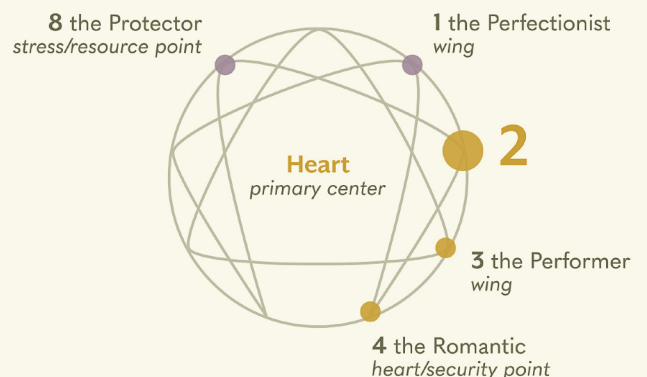
BREATHE OUT

I consent to be loved

breath prayer of faith for:



where are you noticing faithfulness
as you explore Enneagram Type Two?



narrativeenneagram.org



Action:

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

