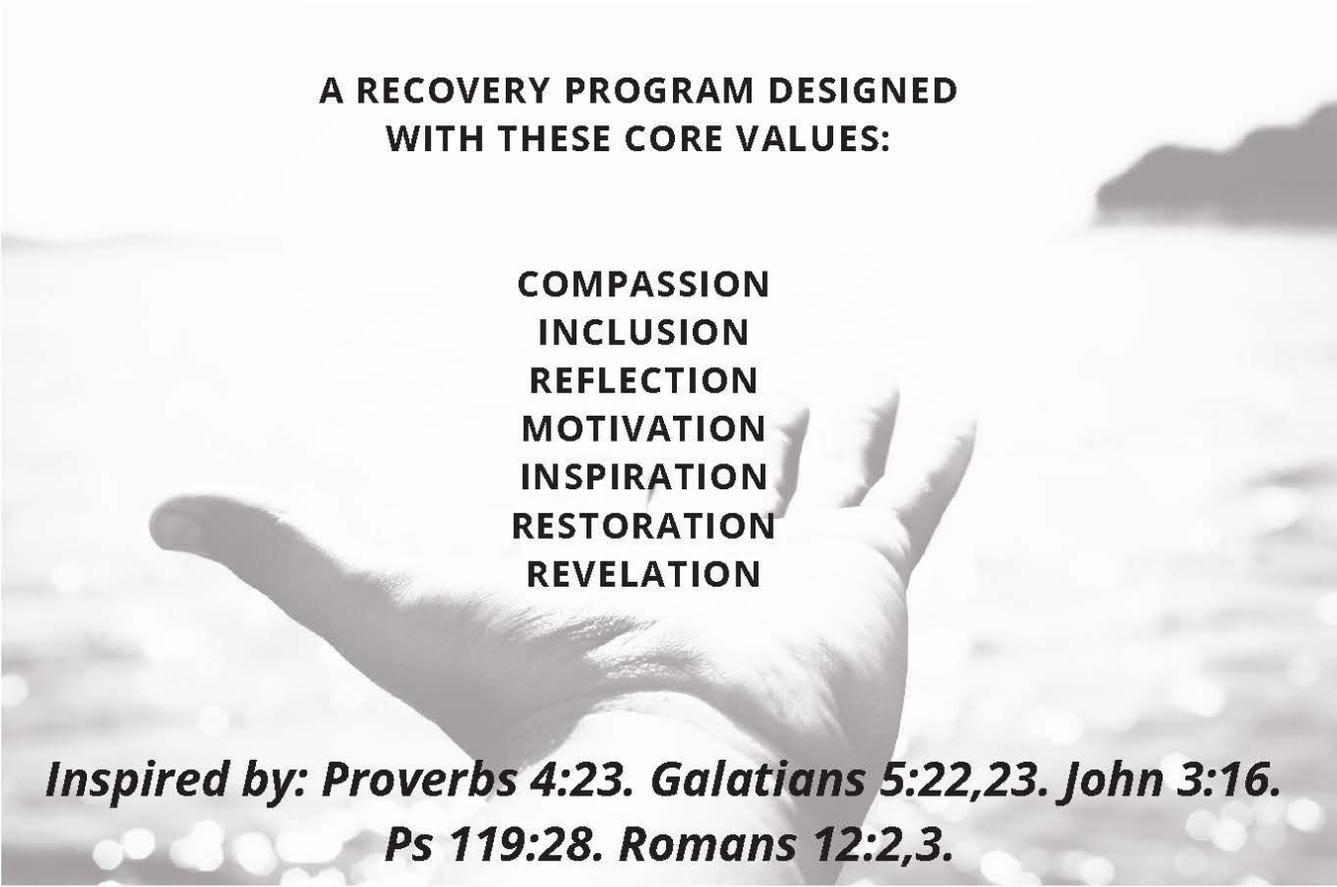


March 1 - 7
Meditations





My Notes

A black and white photograph of a hand reaching out from the bottom left towards the center, set against a background of water and a distant shoreline. The text is overlaid on this image.

**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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March 1- 7

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Review of last week

Reflection / Trust



List 2 people you feel you can trust below:

What qualities do these people have that cause you to trust them? How can you also build these qualities for yourself to be trustworthy to others? How important is this to you?



Monthly Theme: Restoration

March 1st — Meeting Day: **Calm**

John 3:1-17

We are embodied spirit, restored by God's Spirit;
at once unknowable and known.

RESTORING WITH CALM

in you



in 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



**ATTENTION
CALM
INNOVATOR
SENSING
HOLY-INDIFFERENCE
CURIOSITY
PERCEPTION
TENDERNESS
COMPASSION
WISDOM
DISCERNMENT**



Monthly Theme: Restoration

March 1-7: **Calm**

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

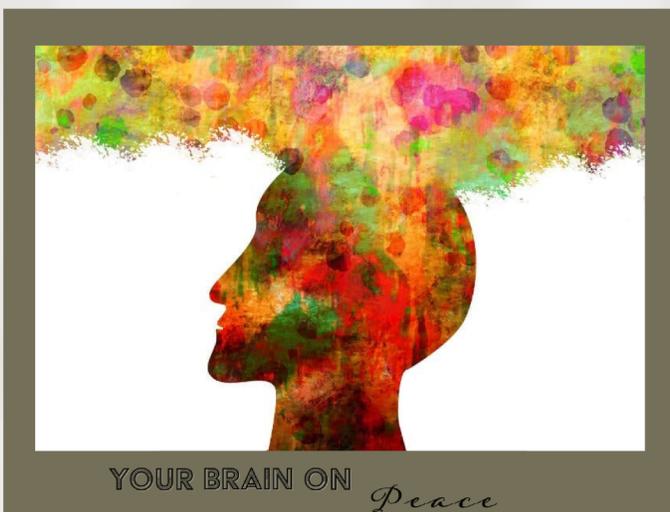
Where do I find joy?

Peace

Where do I find sadness?

Please

What do I ask from God?



notice



Be Calm with a Hand Massage

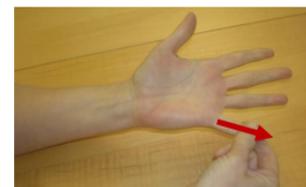
Hand massages are a wonderful way to relax when you are feeling tense or stressed.
Follow these steps to enjoy the calming effects of hand massage.

Interesting fact: Many years ago, I learned that individuals who suffer psychosis can actually reduce some of these symptoms by grounding and calming themselves with hand massage.

1 Wash your hands. Rub hands together.



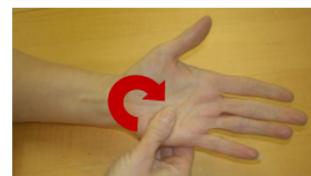
2 Spread out the fingers on one hand. Face palm up. Use the thumb and a finger of your other hand to pull each finger from bottom to finger tip.



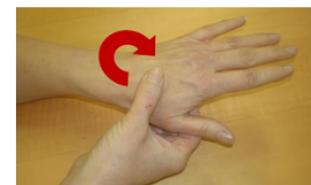
3 Move your thumb and finger in small circles along each finger from the base of the finger to the tip of each finger.



4 Gently press your thumb on the palm of the other hand. Move the thumb in small circles. Do this all over the palm slowly. Press down as firmly as you can tolerate.



5 Place your thumb on the back of your hand. Move the thumb in small circles over the back of your hand slowly. Use a firm pressure,



6 Rest your hand lightly on your knee. Take 4 slow, deep cleansing breaths.



Repeat with other hand.

Review of Thought Log



Trick: Use the hand massage tools to help yourself interrupt negative thoughts. Practice the alternate thought with the hand massage, and this can create a **new learning pathway and association**. to a more positive thought.

Use this Thought Log to pay attention to how you think in response to different situations. Notice how the automatic thought in column 2 ("Thoughts") can lead to negative emotions. Notice how those thoughts and then emotions can impact actions/behaviors. How does the alternative thought change your emotions? The goal of this exercise is to pay attention to how our thoughts impact our emotions and begin to examine if our thoughts consist of cognitive distortions.

<u>Situation</u>	<u>Thoughts</u>	<u>Emotions</u>	<u>Behaviors</u>	<u>Alternate Thought</u>
Example: Supervisor at work is angry.	"I must have made a mistake—now I've done it. They'll fire for me sure."	Worried and afraid.	Avoid interactions with the boss. Become fixated on doing every task perfect.	"My supervisor could've been angry about anything. They are usually happy with my work, so even if I've made a mistake it isn't a big deal."

Monthly Theme: Restoration

March 2–March 4: **Calm**

Practicing Restorative Calm with Enneagram Type **Five**

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.

Fives have a need to Understand

Fives value making sense of things, independence, and objectivity, but can seem disconnected.

Fives are visionary and unconventional.

Then think of someone who you would like to know Calm:

March 2

Gut
Center

May I **overcome** fear by being known.

prayer of calm for:

March 3

Heart
Center

May I honor and welcome being **alone**.

prayer of calm for:

March 4

Head
Center

May I know the Source of my **vision**.

prayer of calm for:

“Attention is the rarest and purest form of generosity.”

—Simone Weil

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

Monthly Theme: Restoration

March 5–March 7: **Calm**

Practicing Restoring Calm with Enneagram Type Five

Wings

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

Six Wing can bring practical analysis, observant clarity, and collaboration

-or-

acute anxiety, fear of intimacy and distrust

Four Wing will be more emotionally aware and expressive, creative and reflective

-or-

become more isolated, nihilistic, and emotionally hopeless

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 Seven may become socially nervous, awkward, & turn to manic-like talking.

Release Point Eight can be calming, bring freedom to self-assert and be empowered.

March 5

BREATHE IN

I can celebrate

BREATHE OUT

My quirks

breath prayer of calm for:

March 6

BREATHE IN

My deep thoughts are precious

BREATHE OUT

They're worth entrusting to others

breath prayer of calm for:

March 7

BREATHE IN

Curiosity is like spring

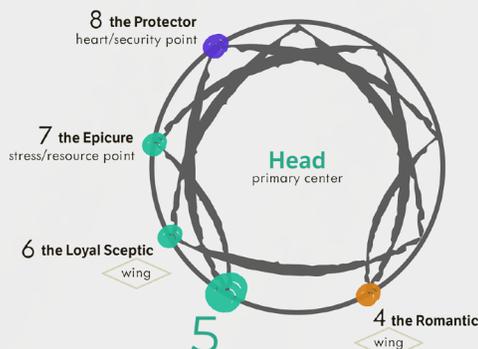
BREATHE OUT

My soul is nourished by inspiration

breath prayer of calm for:



where are you noticing calm as you explore Enneagram Type Five?



eirenicole.com



Action:

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

