

March 22 - 28
Meditations



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A grayscale photograph of a hand reaching out from the bottom left towards the center. The background shows a body of water with ripples and distant mountains 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.**

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.



My Notes

Review of last week Reflection / Presence



Take a few moments and reflect on how you practiced being present with others or alone over the past week:



Monthly Theme: Restoration

March 22nd — Meeting Day: Remembering

Ezekiel 37:1-14

God asked Ezekiel, 'Can these dry bones live?'
And Ezekiel prophesied to the breath,
'Breath, breathe on these dry bones so they remember
how to live.'

RESTORING BY REMEMBERING

in you

into 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



ENTHUSIASM
DIGNITY
PERCEPTION
PLAYFULNESS
DETERMINATION
PROTECTION
FAITHFULNESS
STABILITY
JOYFULNESS
CONFIDENCE
VIBRANCE



Monthly Theme: Restoration

March 22-28: Remembering

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.

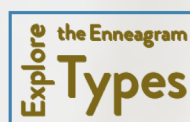
To discover what type resonates with you, follow the first QR code to take the **FREE** test.

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).



REMEMBERING

When all that comes to mind is Why?

Why am I angry?

Breathe

Why are you weary, my soul?

Remember

Why does my heart ache so?

Restore



notice



Reminders of setting & evaluating boundaries

The more we set boundaries, the more we recognize them. In setting boundaries, we help people show up for us, and we also become better at showing up for them.

In the words of Brené Brown, "Clear is kind."

There are 6 primary types of boundaries:

Physical
Emotional
Time
Sexual
Intellectual
Material

Physical boundaries include your needs for personal space, your comfort with touch, and your physical needs like needing to rest, eat food, and drink water. It is OK to let people know that you don't want to be touched or that you need more space. It is also OK to say that you are hungry or that you need to rest.

Setting **Emotional Boundaries** means recognizing how much emotional energy you are capable of taking in, knowing when to share and when not to share, and limiting emotional sharing with people who respond poorly. Respecting emotional boundaries means validating the feelings of others and making sure you respect their ability to take in emotional information.

Your **Time** is valuable, and it is important to protect how it is utilized. Setting time boundaries is incredibly important at work, home, and socially. Setting time boundaries means understanding your priorities and setting aside enough time for the many areas of your life without overcommitting. When you understand your priorities, it is much easier to limit the amount of time you are giving to other people.



Healthy **sexual boundaries** include consent, agreement, respect, understanding of preferences and desires, and privacy.

Healthy sexual boundaries include:

- Asking for consent
- Discussing and asking for what pleases you
- Requesting condom use if you want it
- Discussing contraception
- Saying no to things that you do not like or that hurt you
- Protecting the privacy of the other person

Intellectual boundaries refer to your thoughts, ideas, and curiosity. Healthy intellectual boundaries include respect for the ideas of other people, and they can be violated when your thoughts and curiosity are shut down, dismissed, or belittled. Respectfulness and willingness to dialogue and understand are important here.

Healthy intellectual boundaries also mean considering whether or not it is a good time to talk about something.

Material boundaries refer to items and possessions like your home, car, clothing, jewelry, furniture, money, etc. It is healthy to understand what you can and cannot share and how you expect your items and materials to be treated by the people you share them with.

Having limits on how your material items are treated is healthy and prevents resentment over time.

Monthly Theme: Restoration

March 23–March 25: Remembering

Practicing Restorative Remembering with Enneagram Type Eight

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.

Eights have a need to be Strong

Eights value being in control, avoiding vulnerability, and protecting those who are, but can seem overbearing.

Eights are confident
and self-sufficient.

Then think of someone
who you would like to
know by remembering:

March 23

Gut
Center

May I rest in my
vulnerability.

prayer of remembering for:

March 24

Heart
Center

May I receive
consolation.

prayer of remembering for:

March 25

Head
Center

May I know
I am safe.

prayer of remembering for:

*"Mistakes are at the very base of human
thought... If we were not provided with the
knack of being wrong, we could never get
anything useful done...."*

—Lewis
Thomas

Monthly Theme: Restoration

March 26–March 28: Remembering

Practicing Restorative Remembering with Enneagram Type Eight

Wings

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

Nine Wing can bring approachability, warmth, and compassion
-or- remoteness, duality, and unpredictable temper

Seven Wing brings captivating energy, joy in challenges, desire to help others experience that joy
-or- indifference, oppressiveness, and ruthlessness

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 Five may move to withdrawal as self-protection, and criticism.

Release Point Two accesses empathy, balancing needs of others & self, and the inner child.

March 26

BREATHE IN

BREATHE OUT

I celebrate my capacity
to enjoy life

breath prayer of remembering for:

March 27

BREATHE IN

BREATHE OUT

My inner child is resilient.
I honor her voice.

breath prayer of remembering for:

March 28

BREATHE IN

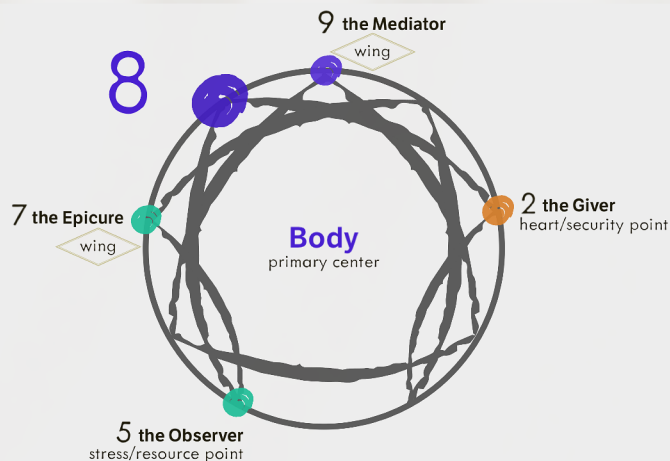
BREATHE OUT

I willingly surrender
to love.

breath prayer of remembering for:



where are you noticing presence as you explore Enneagram Type Eight?



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Action:

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

