

March 29 - April 4
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 / Remembering**



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



Monthly Theme: Restoration

March 29th — Meeting Day: Remembering

Matthew 26:14-27:66 & John 12:1-11

Confused by the deepening religiopolitical divide concerning Jesus
most of the disciples coped by escaping to:
betrayal, denial, oversleeping, violent outbursts, joining the crowd.
But Mary made sacred Jesus' feet with all of her: reputation, financial, body and soul.

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



UNDERSTANDING
TRUST
HARMONY
AUTHENTICITY
DIPLOMACY
PATIENCE
ACCEPTANCE
STABILITY
SUPPORT
COMPASSION
CURIOSITY



Monthly Theme: Restoration

March 29-April 4: 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



6 week Groups Proposal - Feedback Welcome

People can move through each step independently at their own pace. The goal is to create space for personal sharing what step a person is on in group if desired. Plan is to integrate a 12 step Art Program.

Compassion Inclusion Reflection Motivation Inspiration Restoration

2023

spring break jeffco Mar 27-31, Easter Sunday 4/9/23

MOTIVATION - (6 wk theme) (Contemplative Prayer Step 1 (CP1): Prayer as relationship to changing behaviors)

April 12 - *Step 1: Honesty*

April 19 - Self-awareness

April 26 - Gratitude

May 3 - Freedom

May 10 - Hope

May 17 - Self-care

COMPASSION (CP2. Centering Prayer- deepen knowledge of self and heavenly Father)

May 24 - *Step 2: Faith*

May 31 -

June 7 -

June 14 -

June 21 -

June 28 -

REFLECTION (CP3: Setting intention to learn sacred word or symbol to deepen awareness with God)

July 5 (no meeting/)

July 12 - *Step 3: Surrender*

July 19 -

July 26 -

August 2 -

August 9 -

August 16 -

INCLUSION (CP4:

August 2 - *Step 4: Soul Searching/Moral Inventory*

August 30 -

September 6 -

September 13 -

September 20 -

September 27 -

INSPIRATION (CP5: Returning gently to the sacred word, letting go of self-condemnation; owning behaviors.)

October 4 - *Step 5: Integrity/acknowledge wrongdoing*

October 11

October 18

October 25

November 1

November 8

RESTORATION modified for holidays only 5 weeks (CP6: na)

November 15 - *Step 6: Acceptance*

November 22 (off for Thanksgiving)

November 29

December 6

December 13

December 20

December 27 (off Christmas)



6 week Groups Propsoal

People can move through each step independently at their own pace. The goal is to create space for personal sharing what step a person is on in group if desired. Plan is to integrate a 12 step Art Program.

Compassion Inclusion Reflection Motivation Inspiration Restoration

2024

Jan. 3 off

MOTIVATION (CP7: na)

Jan 10 - Step 7: Humility

Jan 17

Jan 24

Jan 31

Feb 7

Feb 14

COMPASSION (CP8: na)

Feb. 21 - Step 8: Willingness/Begin to identify those harmed/no action.

Feb 28

Mar 6

Mar 13

Mar 20

Mar 27

REFLECTION

April 3 - Step 9: Making Amends only if does not harm other party

April 10

April 17

April 24

May 1

May 8

INCLUSION

May 15 - Step 10: Maintenance/Continue to update & take personal inventory

May 22

May 29

June 5

June 12

June 19

INSPIRATION

June 26 - Step 11: Through prayer and meditation seeking spiritual guidance (ongoing).

July 3 (off)

July 10

July 17

July 24

July 31

August 7

RESTORATION

August 14 - Step 12: Service/Practicing these principles in all matters/Carry the message to others.

August 21

Aug. 28

Sept 4

Sept 11

Sept 18

Monthly Theme: Restoration

March 30–April 1: Remembering

Practicing Restorative Remembering with Enneagram Type Nine

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.

Nines have a need for Harmony

Nines value stability, avoiding conflict, and being accepting, but can come across as stubborn.

Nines are supportive and unpretentious.

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

March 30



May I embrace my presence.

prayer of remembering for:

March 31



May I embody my passion.

prayer of remembering for:

April 1



May I honor my relevance.

prayer of remembering for:

"Much that I pray for will not happen in my lifetime. To stay loyal to reality is to cultivate patience and humility to do my piece—it goes on before me and it goes on after me."

—Barbara Brown Taylor

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

Monthly Theme: Restoration

April 2–April 4: Remembering

Practicing Restorative Remembering with
Enneagram Type **Nine**

Wings

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

One Wing can bring structure and focus, and activism
-or-
paralysis of 'shoulds', withdrawal, and procrastination

Eight Wing brings action, confidence, asserting individual uniqueness
-or-
aggressiveness, rebelliousness, or self-pleasure focus

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 Six may move to criticism, the silent treatment, or people pleasing.

Release Point Three accesses motivation, balancing support of others & self, and expansive presence.

April 2

BREATHE IN

I **celebrate** my

BREATHE OUT

unique power

breath prayer of remembering for:

April 3

BREATHE IN

I honor my truth.

BREATHE OUT

I savor the sound of me.

breath prayer of remembering for:

April 4

BREATHE IN

I am noteworthy.

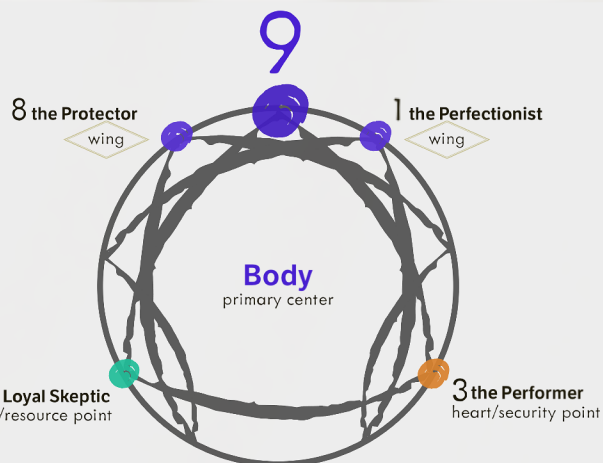
BREATHE OUT

I won't diminish myself.

breath prayer of remembering for:



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



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Action:

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

