

# Meditation at The Retreat – an 11<sup>th</sup> Step Practice

~Open to all 12 Step Fellowships~

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

This open meditation practice meets weekly from 6 – 6:50 PM, and is facilitated by David O. David guides the group to still their minds and turn their awareness to their Higher Power. This session is designed to move us on a journey from the busyness of our thoughts to the loving acceptance of our hearts. When we are able to experience compassionate and joyful acceptance of ourselves, our awareness of our Higher Power and each other is awakened.

*“My willingness is to hold the space, facilitate, and be an advocate for our Higher Power. It is up to each participant to be willing to be transformed by Grace”. ~ David O.*

This is not intended to be an intellectual experience. We set aside the thinking in our mind and open to the experience of our heart. When questions do arise, or an experience needs to be shared, participants are encouraged to reach out to each other or David after the session concludes.

**WHERE:**        **The meditation room at The Retreat (lower level)  
1221 Wayzata Boulevard, Wayzata, MN**

**WHEN:**        **Tuesday evenings – 6 to 6:50 pm**

Contact David at [EasyDoesIt108@gmail.com](mailto:EasyDoesIt108@gmail.com)  
For additional information link to: [OurWhisperingHeart.com](http://OurWhisperingHeart.com)  
or call The Retreat at 952.476.0566



the retreat

1221 wayzata boulevard east / wayzata, mn 55391 / [www.theretreat.org](http://www.theretreat.org)