



Step 11 Workshop



Step 11 Workshop

"We 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."

We try through **inward dialogue** and **meditation** to receive more inner contact **with the healthy part of our will**. We are trying to figure out where this healthy part wants to go, and we try to be guided by this.



Finding our own spiritual path

Trying to figure out where the healthy part of our will wants to go

Finding our own spiritual path

- ❖ We've developed a frame of reference about spirituality **in the previous ten steps - a path out of active addiction.**
- ❖ Our insight has grown along with our capacity to find personal truth and comprehend new information **about ourselves and our world.**
- ❖ We can look **wherever we want** for our spirituality, for **knowledge and awareness**, without threatening our membership in NA.
- ❖ **It's up to each member.**

„We're also likely to **read** a great number of books concerned with **spirituality** and **personal growth**, and **talk** to a great number of people.“



Prayer

Step 11

Prayer

- ❖ Prayer is **talking to our Higher Power**, though not always in the form of actual speech.
- ❖ One of the forms of prayer in which virtually every NA member engages is **the closing or opening prayer** said at most NA meetings.
- ❖ Ultimately, the manner in which we pray is up to us as individuals.



Meditation

Step 11

Meditation

- ❖ We've already been meditating, and doing so on a regular basis. Each time **we stand as a community at a meeting and observe a moment of silence**, we are meditating.
- ❖ There are many different ways we can go about meditating, but its usual goal is **to quiet the mind** so that we can gain understanding and knowledge from our Higher Power.



The power to carry that out

Discipline helps to turn a habit into a need.

Moving On:

We **don't forget** about things, but we **accept** what happens
and **continue living.**"



Small Group Discussion

Prayer and Meditation

Small Group Discussion

1. Choose your table.
2. We start together with the serenity prayer.
3. Take 10 Min. of silence to meditate about what kind of experience you have.
4. Choose a facilitator.
5. Choose a member to collect notes on a sheet of paper.
6. Compile the relevant notes to the flip chart.

Table: Prayer

What does prayer mean to you?

How do you pray?

What is the effect of prayer in your life?

Table: Meditation

What does meditation mean to you?

How do you meditate?

What is the effect of meditation in your life?

European Delegates Meeting

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