



An 11th Step Meditation - Facilitated by David O.

“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.”

When: Tuesday evenings. Beginning at 6:00 and concluding by 6:40.

Where: The meditation room at The Retreat in Wayzata. (see address below)

Format: People will be asked to enter the room in silence. Once folks are settled the facilitator will set the intention by offering a prayer. Then, with our breath as a medium of focus, the facilitator will guide the group to still the mind and expand awareness. The meditation will conclude with an offering of wholehearted gratitude. In closing, participants will be encouraged to leave in contemplative silence. This will be called a Heart's Breath Meditation.

Eligibility: Anyone.

Admittance: Due to limited space, admission will be limited to a “first come, first serve basis”.

Please note: This is not intended to be an intellectual experience. There will be no sharing within the meditation room.

Handouts will be left at the door so the evening's format is explained. Participants will be encouraged to contact David O. if questions, or each other to share experiences.

This is a work in process.

Thank you.

The Retreat
1221 Wayzata Boulevard East
Wayzata, MN 55391
952-476-0566
www.theretreat.org