

# 11<sup>th</sup> Step Meditation Group

11<sup>th</sup> step: Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.



Many in 12 step programs of recovery find solace in regular practice of Step 11. But others who are not in such programs also benefit from meditation founded in experiences of powerlessness, surrender and acceptance. If you are interested in improving 'conscious contact with God as you understand God', please join us for a time of meditation and reflection.

When: First Sunday of each month, 4-5pm

Where: In the hall @ Benedictus, 150 Brigalow St, Lyneham

Who: All welcome! Beginner or experienced, faith or none, 12 step or not

Inquiries: [info@benedictus.com.au](mailto:info@benedictus.com.au)