



Guidelines for the Twelve Step Outreach

OUR PURPOSE

The purpose of 12 Step Outreach is to support one another in the process of spiritual transformation through the practice of Centering Prayer.

OUR MISSION

We are 12 Step people who practice Centering Prayer as our 11th Step and pass it on to others in 12 Step recovery.

The 11th Step

“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.”

THE TWELVE STEPS

These are the 12 Steps of Recovery from the original 12 Step program, Alcoholics Anonymous, which was started in 1935. Since then the steps have been adapted for Al Anon for people who have been affected by the alcoholism of a loved one, OA for people with eating disorders, NA for people with drug addictions, GA for people addicted to gambling, SA for people with sexual addictions and many other recovery programs. The 12 Steps require actions on a spiritual path that helps one to develop a relationship with a God of one's understanding. Father Thomas Keating has been an enthusiastic supporter of 12 Step programs and the use of Centering Prayer as an 11th Step practice. He says, “When you sit down in silence you allow God to introduce Himself as He is and not as other people have defined Him.”

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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QUALIFICATIONS FOR 12 STEP OUTREACH SERVICE

We welcome those who would like to serve 12 Step Outreach. There is great need to teach Centering Prayer and support those who would like to establish it as their 11th Step practice. Our experience has taught us that doing so is most effective if people meet the following guidelines to provide service in each of the categories below.

To work on committees:

- 1 year of sobriety/abstinence
- Active participation in a 12 Step program
- 1 year of daily practice of Centering Prayer

To present “The Seven-Session Introduction to the Centering Prayer Practice”:

- 5 years of sobriety/abstinence
- Active participation in a 12 Step program
- 3-5 years of daily practice of Centering Prayer
- 6-10 day Intensive retreat
- Formation training from CO, additional formation/mentoring from 12 Step Outreach
- Certified presenter or serving with a certified presenter
- Ability to present using “CO 12” Microsoft Powerpoint® presentation or posters

To facilitate weekend retreats of “The Seven-Session Introduction to the Centering Prayer Practice”:

- 5 years of sobriety/abstinence
- Active participation in a 12 Step program
- 5 years of daily practice of Centering Prayer
- Formation training
- Attendance at 12 Step weekend retreat
- One or two internships with a qualified facilitator

To serve on a 5-10 day 12 Step supported retreat:

- 5 years of sobriety/abstinence
- Active participation in a 12 Step program
- 5 years of daily practice of Centering Prayer
- Formation training
- Facilitator training for CO Intensive retreats
- Attendance at 8-10 day 12 Step retreat
- One or two internships with a qualified facilitator

FOR MORE INFORMATION

Visit our web site at cp12stepoutreach.org or view [An 11th Step Prayer Practice for Those in 12 Step Programs](#) brochure on the CO website.