



# Contemplative 12 Steps

**Jesus said:**

*I have come that they may have life, and have it to the full.*

We each are on this journey called life and enjoy its fullness in varying degrees. Sometimes, habits and compulsions trip us up. The good news is there is help along the way. In Divine Therapy & Addiction: Centering Prayer and the Twelve Steps, Father Thomas Keating suggests that since we all participate in the human condition, we all can benefit from the 12 Steps. He describes a “Contemplative Step Meeting” that incorporates silence, listening, reflecting, and sharing. Join us in the New Year to experience how centering prayer and the 12 Steps together can bring hope and healing. Previous experience with either is not required.

Mondays, January 9 through March 26, 7:00-8:30 pm  
Gesu Parish Center, 17180 Oak Drive, Detroit.

For more information, contact Karen LeCarpentier  
734-306-8688 or [kjlecarp@gmail.com](mailto:kjlecarp@gmail.com)