

Suggested Qualifications for Serving 12 Step Outreach

We welcome those who would like to carry the message of Centering Prayer. There is a great need to present Centering Prayer and to 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 qualifications.

To facilitate a 12 Step Centering Prayer Group

- 5 years of sobriety/abstinence
- Current, active participation in a 12 Step program
- 3-5 years of daily practice of Centering Prayer
- Facilitator's Formation or mentoring by a qualified facilitator

To be a presenter for one day introductory workshops

- 5 years of sobriety/abstinence
- Current, active participation in a 12 Step program
- 3-5 years of daily practice of Centering Prayer
- Regular Formation from a Contemplative Outreach commissioned presenter
- Mentoring by a qualified facilitator of Centering Prayer as an 11th Step practice
- Attendance at a 6-10 Intensive retreat

To work on committees to host introductory workshops or retreats

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