



11th STEP MEETING

PRAYER AND MEDITATION

8 WEEKS ONLY
SATURDAYS DECEMBER 7TH – JANUARY 25TH
STARTS AT 4:00 PM

EASTON ELKS LODGE
UP THE STAIRS WITH THE WHITE CANOPY
SAME ROOM AS THE SUNDAY STEPPING STONES MEETING

- ❖ A selected prayer
- ❖ A silent meditation period
- ❖ Sharing your thoughts
- ❖ Reduce stress and anxiety
- ❖ Improve focus
- ❖ Increase compassion
- ❖ Increase willpower
- ❖ Change brain activity

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