

CONTEMPLATIVE OUTREACH NORTHWEST AND  
THE CENTER AT ST. ANDREWS



"sought through prayer and meditation..."

PRESENT

## 11-Step Fest 2019

Saturday, November 2, 2019 from 9:30 AM - 3:00 PM  
St. Andrew's Episcopal Church  
111 NE 80th Street, Seattle, WA 98115

**Centering prayer as an 11- Step Practice  
featuring the teachings of  
Father Thomas Keating and more!**

\$10 suggested donation  
Contact Gordon, 206-852-5202, with questions  
Bring a potluck lunch item to share  
RSVP to [mbjCONW@comcast.net](mailto:mbjCONW@comcast.net)

- A day of fellowship for those practicing Centering Prayer as an 11th Step practice and for those in a 12-Step Recovery Program who are interested in knowing more about Centering Prayer as an 11-Step practice.
- This year's Festival will feature a talk and reflections by Cherry Haisten on the **Welcoming Prayer** to support our Centering Prayer practice and continue it more fully into our daily lives. The program will also include **lectio divina; shared prayers of petition, forgiveness, want and healing; and an Open 12-Step Meeting.**

**Cherry Haisten** is Lay Pastor, Taizé at St. Andrew's, and Contemplative Ministries Coordinator, The Center at St. Andrew's. She has practiced Centering Prayer since she learned it from Fr. Thomas Keating in May 1990. Commissioned by Contemplative Outreach and long active in leadership of Contemplative Outreach Northwest, she leads workshops and retreats on the Welcoming Prayer, and other contemplative topics around the United States and in British Columbia.

**Gordon Coffey** was taught Centering Prayer by Fr. Thomas Keating during Fr. Thomas's visits to Seattle in 1986 and attended the September 1987 intensive retreat by Fr. Thomas that led to the creation of Contemplative Outreach Northwest. Gordon's practice of Centering Prayer drew him to become a presenter of introductory workshops as well as the Contemplative Outreach program for people in 12-step recovery.