

# WHAT IS MEDITATION?

From *Twelve Steps and Twelve Traditions*, Step Eleven:

"Prayer and meditation are our principal means of conscious contact with God."

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom."

"The actual experience of meditation and prayer across the centuries is, of course, immense. The world's libraries and places of worship are a treasure trove for all seekers. It is to be hoped that every A.A. who has a religious connection which emphasizes meditation will return to the practice of that devotion as never before. But what about the rest of us who, less fortunate, don't even know how to begin?"

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# HOW MEDITATION CAN SUPPORT RECOVERY

**Step Eleven:** Prayer is talking to God. Meditation is listening to God's reply. In prayer, we humbly ask our Higher Power for guidance, to do Thy will. In meditation, we receive that guidance.

**Step Two & Step Three:** How do we come to understand our Higher Power? Through meditation, we can explore what our Higher Power means for us, how to navigate our relationship with our Higher Power in our daily lives, and how to best follow our Higher Power's will for us.

**Step Four:** In meditation, we can calm our mind and receive insights and guidance as we self-reflect and bring forth our personal inventory.

**Step Six & Step Seven:** We can humbly ask our Higher Power in a state of meditation to help us identify and to remove our character defects.

**Step Ten:** Meditation can become part of our daily practice of self-reflection.

**Step Twelve:** We can share with others the benefits of meditation for our lives and our recovery.

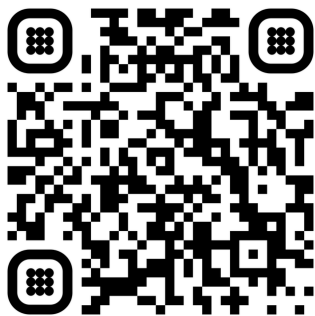
# GUIDE TO MEDITATION FOR ALCOHOLISM RECOVERY & NEW ORLEANS MEDITATION MEETINGS

Join us as we strengthen conscious contact with our Higher Power through individual meditative practice and group meditation, one breath at a time



"This much could be a fragment of what is called meditation, perhaps our very first attempt at a mood, a flier into the realm of spirit."  
*Twelve Steps and Twelve Traditions*, pg. 101

# New Orleans Recovery Meditation Meetings



Scan for online  
listings of local AA  
meditation meetings

*If you would like to include a recovery  
meditation meeting in this pamphlet,  
and to otherwise support others in  
recovery, please reach out to us*

*[office@aaneworleans.org](mailto:office@aaneworleans.org)*

*List updated as of 08/20/24*

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Mondays, 6:30 p.m.

## **Eye Closers**

Unity of Metairie,  
3303 Richland Ave, Metairie

Thursdays, 7:00 p.m.

## **11th Step Meditations**

Lambda Center, 2372 St.  
Claude Ave, New Orleans

Fridays, 12:00 p.m.

## **Heavily Meditated**

St. Mark's Evangelical Lutheran  
Church, 1520 Chickasaw Ave,  
Metairie

Fridays, 4:30 p.m.

## **Essence of Eleven Meditation**

Freddy's Ark, 1656 N Tonti St,  
New Orleans

**"Meditation is our step out  
into the sun."**

*Twelve Steps and Twelve Traditions, pg. 98*

Saturdays, 5:15 p.m.

## **11th Step Meditation**

Boulevard Club, 211 N Norman  
C Francis Pkwy, New Orleans

Saturdays, 6:00 p.m.

## **Haappy Hour: Serenity Saturday**

St. John's Episcopal Church,  
2109 17th St, Kenner

Saturdays, 7:00 p.m.

## **Conscious Contact**

Unity Church, 3303 Richland  
Ave, Metairie

