## **Procedure for Listening (Read Before the Meeting)**

During this meeting, we will conduct a five minute "quiet time" in order to make "conscious contact" and receive "guidance." Guidance can take the form of images, thoughts, feelings or inspiration.

We write a brief note about what we saw, heard, felt or realized during our "quiet time." We call this "two-way prayer."

We share the guidance we believe passes the "test" of Forgiveness, Faith, Unselfishness and Honesty, and we feel comfortable sharing with other members of the group.

As we hear others read their guidance, we jot down anything that is especially meaningful to us. When we receive guidance through another person or persons we call this "three-way prayer"

or persons, we can this three-way prayer.
Eleventh Step Guidance Meeting Format
Good (morning/afternoon/evening). My name is I would like to welcome everyone to our Eleventh Step Guidance Meeting
Let's open this meeting with a moment of silence followed by the Serenity Prayer.
I have asked to read the third paragraph on page 86 of the "Big Book."
I have asked to read today's daily meditation.
We will now sit in silence for five minutes in order to listen to and record our guidance.
(Five minutes of silence)
If anyone needs more time, please raise your hand.
We will now go around the room. I ask that you share only what you have written without embellishment or explanation. This is called "two-way prayer." If you haven't written anything down, please pass.
(Share "two-way prayer")
Did anyone hear something during the sharing session that he or she feels was directed toward them in addition to the person who shared it? If so, please tell the group what you heard. This is called "three-way prayer"—the "Spirit of the Universe" speaking to us through others. If this has happened to you, please raise your hand.
(Share "three-way prayer")
I would like to thank each of you for participating, either by sharing or by listening. I will now read part of the first and second paragraphs on page 87

Please remain seated. We will close this meeting with the Third and Seventh

of the "Big Book."

Step Prayers.

Two-way and Three-way Prayer	