

**12 STEPS WORKSHOP**

**Recovery**

**Insight**

**Transformation**

**Joy**

**One Step at a Time**

**Choosing to work the Steps is a life affirming decision! It can be a transformative and spiritual process - an awakening of sorts. There is a reason why we say, "It works if you work it!"**

**We have our own narrative and this process allows us the opportunity to view ourselves more clearly, to rid ourselves of those things in our story that are harmful to our spirit, celebrate the person we are in this moment and strengthen those traits that help us be the person we want to be.**

**In a caring and open environment, we can gain insight from each other. We can learn to trust fully and feel safe enough to open our hearts.**

* **Meetings begin: TBD – most likely end of Feb. or beginning of March**
* **Time: TBD – what works best for members, if at church, 5:45 to 7:20 pm**
* **Location: In person at Zion Lutheran Church- west side lower level 12075 Dorsett Rd and/or virtual. It will depend on what works for members**
* **Facilitated by: Maureen R.**
* **Meetings: are 1-1/2 hour weekly. Fee is $65.00 (supplies) Scholarships available**
* **Questions? Please contact Maureen at 314-578-5630 or kmadkins@msn.com**

**OUR JOURNEY BEGINS WITH THE FIRST STEP!**