



# Centering Prayer Introductory Series



*“Be still and know that I am God.”*

**Are you feeling a desire to deepen your prayer or to learn about the  
Christian contemplative path?**

**Come join us for an introduction to Centering Prayer as taught by Fr. Thomas Keating:**

**When (Saturdays):**

January 28, 2017: 9-3 pm (Introductory workshop)

February 4, 11, 18<sup>th</sup>: 9-12 pm (Follow-up Sessions)

Suggested One Day Retreat: February 25: 9-3 pm

**Where:** Incarnation Monastery 1369 La Loma, Berkeley 94708

**Cost:** \$60 for the entire series of 5 sessions (Note scholarships are available, please inquire)

**Provided:** Lunch is served on January 28<sup>th</sup> and February 25<sup>th</sup>.

**The Introductory Workshop**

The Centering Prayer Introductory Workshop familiarizes participants with the method of Centering Prayer and its conceptual background and offers two opportunities to experience the prayer. The workshop consists of four presentations led by Contemplative Outreach commissioned presenters.

1. Prayer as Relationship
2. The Method of Centering Prayer
3. Thoughts and the Use of the Sacred Word
4. Deepening our Relationship with God

**The Continuing Sessions**

Following the Introductory Workshop, participants are invited to attend four Continuing Sessions which provide support, more background and the time needed to establish a personal Centering Prayer practice. The Sessions also include the opportunity to share the initial Centering Prayer experience with others who have made a similar commitment. Reading assignments from *Open Mind, Open Heart* to deepen our experience and sharing. Our final session will include extended time in grand silence to deepen ones practice. Details regarding the Continuing Sessions will be offered by the Workshop presenter.

**Facilitators:**

Bill McLennan has been practicing Centering Prayer for the past 22 years and is commissioned facilitator for Intro workshops. He has attended numerous 10 Day silent retreats over the years and co-hosted One day Contemplative Prayer days at Incarnation for the past 8 years. Bill is the Northwest Bay Area Contemplative Outreach coordinator and is also the Northern California Contemplative Outreach webmaster.

Marty Badgett has been practicing Centering Prayer for the past 25 years and is commissioned facilitator for Intro workshops. He has attended numerous 10 Day silent retreats over the years and has staffed, coordinated, and cooked extended Centering Prayer retreats for the past 20 years including hosting One day Contemplative Prayer days at Incarnation for the past 8 years. Marty is the Contemplative Outreach contact for San Mateo county.

If interested in attending, *please register* as lunch is provided and space is limited (Deadline January 20). To pre-pay by credit card go to: [CLICK HERE](http://www.IncarnationMonastery.org/Intro) (http://www.IncarnationMonastery.org/Intro)

For additional information please contact: [Retreats@IncarnationMonastery.org](mailto:Retreats@IncarnationMonastery.org)