



Introduction to Centering Prayer

Saturday, March 11, 2017

9:30 am - 3:00 pm

Trinity Episcopal Cathedral

Assembly Area (upstairs)
2620 Capitol Ave., Sacramento CA 95816
www.trinitycathedral.org (916) 446-2513

Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers us a way to be open to God. By taking time to "rest in God" each day, we open our awareness to the gift of God's presence. Come learn more about this prayer.

The workshop will be presented by Pastor Jeff Mitchell of Good Samaritan Church, Valley Springs, who is a Contemplative Outreach Presenter and Spiritual Director.

The day will include the practice of centering prayer, along with time for discussion and questions.

For more information about centering prayer: www.contemplativeoutreach.org

Suggested Donation: \$20. (Includes three follow-up sessions starting Thursday, March 16, 7:00-8:30 p.m.) All are welcome. No one will be turned away for lack of funds. Scholarships available on request; please ask if money is a difficulty.

Please bring a sack lunch. Coffee, tea and refreshments will be provided.

Please register by contacting:

Shelley Mydans (916) 443-2919; smydans@gmail.com or
Sally Smith (916) 930-9564; sally0236@comcast.net

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