

"Be still and know that I am God."



facilitated by
Contemplative Outreach of Sacramento/Stockton Area

CENTERING PRAYER INTRODUCTORY SERIES

Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative tradition, 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.

"The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Deep prayer is the laying aside of thoughts. It is the opening of mind and heart, body and feeling--our whole being—to God, the Ultimate Mystery, beyond words, thoughts, and emotions."

(Open Mind, Open Heart, Fr. Thomas Keating)

WHEN

Sunday Afternoons in October
(coffee, tea and a snack will be provided during the break)

INTRODUCTORY SERIES

October 1, 2017 (1:00 to 5:00pm)
This session will give you instruction and practice in the method of centering prayer.

THREE CONTINUING SESSIONS

October 8, 2017 (1:00 to 4:00pm)
October 22, 2017 (1:00 to 4:00pm)
October 29, 2017 (1:00 to 4:00pm)
The three continuing sessions will provide additional practice and support to assist in establishing a centering prayer practice.

FACILITATION

This series will be facilitated by a team of commissioned presenters of the Centering Prayer

*For questions or more information, contact Joyce Faidley,
(916) 225-4121, centercossa@gmail.com.*

CENTERING PRAYER INTRODUCTORY SERIES

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Indicate date(s) you plan to attend.
Note: Oct 1 (Introductory Workshop); Oct 8, 22, 29 (Continuing Sessions)

Registration is appreciated but not required.

October 1, 2017 October 8, 2017

Suggested Donation: \$15 per session, paid upon arrival

October 22, 2017 October 29, 2017



Register on-line or send registration to:
Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019

or register online at www.mercycenter.org