

*"Be still and know that I am God" Psalm 46:10*

## CENTERING PRAYER – INTRODUCTORY WORKSHOP

Saturday, October 5, 2019  
9:00AM-2:00PM

Central UMC • 3700 Pacific Avenue • Stockton, CA

*Do you seek the still, quiet voice of God?*

*Join us for a day of learning about and experiencing this transformative prayer practice. Based on our rich contemplative Christian heritage, Centering Prayer is a silent, gentle method of consenting to God's presence and healing action within us.*

*To support daily practice and nurture spiritual community, weekly Wednesday Centering Prayer gatherings will follow the workshop.*

*The workshop will be presented by Grace Sternad and Katie Martin – members of COSSA's\* Introduction to Centering Prayer team.*

*(\*Contemplative Outreach Sacramento/Stockton Areas)*

- \$20.00 suggested donation (no one will be turned away for lack of funds)
- Coffee, tea, snacks & lunch will be provided

**Contact Person: Alexis Easton, 209-483-4554**

*Sponsored by COSSA Chapter of*



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### REGISTRATION FORM

Mail this form along with your \$20.00 to:

Central United Methodist Church, 3700 Pacific Avenue, Stockton, CA 95204

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Street Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Dietary Requirements \_\_\_\_\_