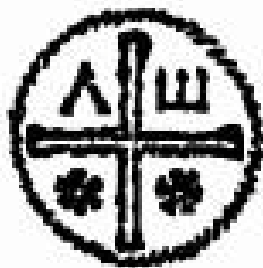


Centering Prayer Introductory Workshop



“Be still and know that I am God”

Psalm 46:10

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. This introductory workshop provides instruction on the benefits and practice of Centering Prayer and will include two, 20 minute periods of Centering Prayer.

“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)

Saturday, October 26, 2019

9 a.m. - 1 p.m.

St. Martin's Episcopal Church

640 Hawthorne Lane, Davis (530) 756-0444

A free will donation of \$20 is suggested. Coffee, tea and refreshments will be provided. Follow-up sessions will be offered after the workshop for interested participants, date and time to be arranged.

Please register with Jan Sanders at (530) 756-0444.

Presented by facilitators from Contemplative Outreach. For more information about Centering Prayer visit www.contemplativeoutreach.org.