



Centering Prayer

NOV 17TH & 18TH, 2020, 6:00-8:00 PM

ADVENT ONLINE

CENTERING PRAYER RETREAT WORKSHOP

The new Church calendar year begins with Advent! Contemplative Outreach of Central California invites you to a 2-Day Introduction to Centering Prayer Advent Retreat Workshop! Centering Prayer is a time-honored prayer practice in the Christian tradition that has helped women and men to prepare for and deepen the gift of contemplative prayer. People have been practicing contemplative prayer for centuries, but it may be different from what we may think of as prayer. It is not meant to replace other kinds of prayer, rather, it adds depth of meaning to all prayer and facilitates movement from more active modes of prayer—verbal, mental or affective prayer—into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal *relationship* with God and as a movement beyond conversation with Christ to *communion* with Christ. An introductory retreat offers instruction and practice in the method of Centering Prayer and discussion about its conceptual background. We will learn from skilled facilitators and group discussion.



CONTEMPLATIVE
OUTREACH®

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

Would you like to prepare for the Advent & Christmas season with an Introduction to Centering Prayer retreat workshop?

“Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God’s presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.”

—Fr. Thomas Keating, O.C.S.O.

“Be still and know that I am God.”

—Psalm 46:10

EARLY REGISTRATION IS ENCOURAGED TO SAVE YOUR SPACE

Email us to

Save Your Space:

FCT.OFS@gmail.com



ADVENT CENTERING PRAYER RETREAT

Whether your interest is deepening your relationship with God, relief from the stress of daily life, or learning about contemplative prayer, why not take some time this Advent to learn and practice Centering Prayer? This retreat aims to refresh the spirit and deepen our commitment to a regular practice of Centering Prayer. An optional **daily** Contemplative Morning Prayer opportunity on will be available on Zoom to workshop participants throughout the entire Advent Season 6:00-7:00 AM (Pacific Time) to help establish the daily practice of Centering Prayer in preparation for Christmas and the New Year.

EMAIL to REGISTER now: FCT.OFS@gmail.com. A ZOOM link will be sent to you to participate. The amount to register is \$22 for the 2-day workshop. A percentage of your registration amount will go to benefit the contemplative ministry of St. John the Baptist Fraternity of the Secular Franciscan Order.

We look forward to our time together! Limited space available. **Save your space by emailing us now at FCT.OFS@gmail.com. Thank you!**

Over 20 years' experience teaching Centering Prayer.



Contemplative Outreach of Central California

Facilitators:

Beverly Garcia: felt that she was called to contemplative prayer by an experience of God's love on Pentecost of 1985. She began reading, attending retreats and practicing contemplative prayer. In 2004, she discovered that Centering Prayer teachings were most meaningful to her. She has led prayer groups, Bible Study and workshops. She is an Oblate of New Camaldoli Hermitage in Big Sur, CA and is in formation to become a professed Secular Franciscan. Beverly and her husband, Larry, have 3 children, a Godson, and 12 grandchildren.

Juan C. Garcia, Ph.D., LMFT, He is a husband and father of three daughters. He is founder and Director of Integral Community Solutions Institute, a transformative counseling center in downtown Fresno serving the mental health needs of the California's Central Valley. Trained as a cultural anthropologist at Stanford University, his teachings explore the psychological and emotional healing aspects of Centering Prayer.

Everardo Pedraza, OFS, MA, MS a husband and father of a son and two daughters. He serves as Minister of St. John the Baptist Fraternity in Fresno, CA and is Coordinator of Contemplative Outreach of Central California. He holds bachelor's in English from UC Berkeley, an MA in Christian Spirituality from the Franciscan School of Theology, and a Masters in Counseling, Marriage and Family Therapy, from Fresno State. He has facilitated over 20 Centering Prayer retreats with Dr. Juan C. Garcia at St. Anthony Retreat Center in Three Rivers, CA since 2008.

EMAIL TO REGISTER

& save your space now:

FCT.OFS@gmail.com

Register by calling:

559-230-9736

