



**Centering Prayer/Labyrinth
Quiet Evening
Trinity Cathedral
2620 Capitol Ave.**

**3rd Friday of the Month
October 15 -- November 19th -- December 17th
6:00 p.m. to 8:30 p.m.**

“Be still and know that I am God” Psalm 46:10

Centering Prayer is a silent prayer practice (similar to meditation) that leads to resting in God by consenting to God’s presence and action within. This prayer practice gradually transforms and heals our relationship with God, others and ourselves. Centering prayer predates schisms within Christianity and transcends doctrinal differences.

Labyrinth: walking the labyrinth may provide clarity, vision, focus, healing, discernment, peace or spiritual insight. It is a spiritual tool. There is no right or wrong way to walk the Labyrinth.

6:00-6:15: Brief talk about the labyrinth (**Great Hall**)

6:15-6:30: Brief review of method of centering prayer
(recommended for newcomers) (**Cathedral - East Transept**)

6:30-6:50: Twenty minute silent centering prayer

6:50-7:00: Silent meditative walk in cathedral

7:00-7:20: Twenty minute silent centering prayer

7:20-8:30: Labyrinth walk (**Great Hall**)

For information contact jboydcp@gmail.com

There is no charge to attend. Donations are gladly accepted.