

Introduction to Centering Prayer



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. Come learn more about this 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, February 6, 9:30 am - 3:30 pm
and the next 6 Tuesday evenings, 7:00 pm - 8:30 pm

St. John the Baptist Episcopal Church

1055 S Lower Sacramento Road, Lodi, CA 95242

www.stjohnsoflodi.org (209) 369-3381

Suggested Donation is \$40.

(No one turned away. Scholarships available on request; please ask if money is a difficulty.)
Bring a lunch. Coffee, tea and refreshments will be provided.

Presented by Susan Turpin, presenter from Contemplative Outreach. The program includes talks by Contemplative Outreach presenters and instructional video tapes by Fr. Thomas Keating. The book Open Mind Open Heart by Thomas Keating included. Participants will practice Centering Prayer together at each session. There will be time for questions and discussion. For more information, visit www.contemplativeoutreach.org

For questions, please contact Susan Turpin at (209) 639-8840 (slturpin@me.com)

To assist us in planning, please let us know you are coming by calling Ann Marie at the church, (209) 369-3381.