

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, January 8, 9:30 am - 3:30 pm

(Includes Six Follow-up Sessions)

St. Michael's Episcopal Church

2140 Mission Avenue, Carmichael, CA 95608

www.stm-ca.net (916) 488-3550

Suggested Donation is \$20.

(Includes six follow-up sessions starting Wednesday, January 12, 6:30-8:00 p.m.

Thomas Keating's book, *Open Mind, Open Heart*, will also be available for purchase.)

All are welcome. No one will be turned away for lack of funds.

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. Participants will practice Centering Prayer together at each session. There will be time for questions and discussion. For more information about centering prayer: www.contemplativeoutreach.org.

For questions, please contact Janice Boyd at (916) 747-2950 (jboydcp@gmail.com) or Susan Turpin at (209) 639-8840 (slturpin@me.com).

To assist us in planning, please let us know you are coming by contacting Fr. Rod Davis at St. Michael's Church (916.488.3550 or fatherrod@stm-ca.net)