

# Introduction to Centering Prayer (Workshop)



Saturday, July 30  
1:00 -5:00 p.m.

*Centering Prayer is a contemporary form of Christ-centered contemplative prayer practice that invites us to rest in God and consent to the Holy Spirit's action and presence within our lives.*

Rooted in Jesus' teaching (Matt:6:6) and example, it was practiced by the early Desert Mothers and Fathers and taught in the 13th century Christian classic "The Cloud of Unknowing". This workshop is for anyone who wishes to deepen their awareness of God and experience greater intimacy and presence in Silence.

Ruah Bull is a certified trainer in centering prayer through the international organization *Contemplative Outreach*, which is dedicated to promoting the Christian contemplative journey.

**Cost: \$15 suggested donation. Register on our website:  
[www.journeycenter.org](http://www.journeycenter.org) or by calling 707-578-2121.**

