



## Centering Prayer Introductory Program Zoom Video Conference

July 11, 18, 25, August 1, 8, 2020

Free and open to all

(suggested donation of \$20 USD)

*Discover a way to “**Be still and know that I am God**” Psalm 46:10*

Centering Prayer is a method of consenting to God's presence and action within. It prepares us to receive God's gift of contemplative prayer, which is an opening of our hearts and minds to God beyond thoughts, words, and emotions. This prayer practice, rooted in the Christian contemplative heritage, helps us embrace the process of transformation in Christ.

The Centering Prayer Introductory Program is designed to share the method of Centering Prayer and offer support in making it a part of daily life. It has two components.

The **Introductory Workshop** on **July 11, 2020**, from 11-2pm Pacific Time/2-5pm Eastern Time. Includes themes of Prayer as Relationship, The Method of Centering Prayer, Thoughts and Use of the Sacred Word, and Deepening Our Relationship with -- God, time in Centering Prayer and the opportunity to submit questions. Presenters are Keith Kristich, Patricia Clough, Adam Gordon, and Irene Chang who are prayerful Contemplative Outreach commissioned presenters.

**Four Continuing Sessions** on **July 18, 25, August 1 and 8, 2020** from 11-12:30pm Pacific Time/2-3:30pm Eastern Time. Sessions include Centering Prayer, video, discussion, and Q & A to deepen the understanding of Centering Prayer and provide support in establishing a regular Centering Prayer practice.

[REGISTER HERE](#)

Hosted by Contemplative Outreach and the Centering Prayer Introductory Program  
Service Team