

"Be still and know that I am God." Psalm 46:10

Centering Prayer Introductory Program Workshop

St. Luke's United Methodist Church

100 W. 86th Street

Indianapolis, IN 46260

Room N101/102

August 26, 2017 9AM-1 PM

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Christ.

Please join us as Commissioned Centering Prayer Facilitators from the Contemplative Outreach Indianapolis Chapter share this method of prayer. There may be an opportunity for follow up session as well to deepen the practice. The cost of the program is a free will offering. To register, please contact Mary Kendall at mkendall@iu.edu.