

Centering Prayer Groups in and Around Richmond

Because regular engagement with a Centering Prayer group is so important, here is a list of local groups. Please send additions/deletions/updates to stilwellronald@gmail.com. Thanks so much for your involvement and commitment to centering prayer!

Monday – Friday: 8:00 am

Virtual Meditation Group

Hosted by Mimi Weaver of GraceMoves

Meditate in a group from your home or office. For those who have a meditation practice but desire the support and accountability of a group. Join online or by phone for a 20-minute meditation. No instruction or guided meditation; simply 20 minutes in silence. Starts promptly at 8:00, so dial in a few minutes in advance so as not to interrupt.

<http://www.gracemoves.com/retreatsclasses/meditationgroup.html>

Mondays: 3:30 – 5:00 pm

St. Ann Catholic Church

17111 Jefferson Davis Highway, Colonial Heights, VA 23834

Meet in Chapel.

Facilitator: Linda Mingos

Contact: 526-2548 (church) or lmingos@stanncc.com

Note: Is Lectio Divina rather than Centering Prayer.

Mondays: (2nd and 4th) 7:00 pm

St. Lukes Episcopal Church

2245 Huguenot Trail, Powhatan, VA 23139

Facilitator: John Rick

Contact: 794-2564

Monday's: 7:30 – 9:15 pm

St. Ann's Catholic Church

105 South Snead Street, Ashland, VA

Facilitators: Debbie and Joe Pompano

Contact: Debbie Pompano (804) 537-5433 or dpompano@comcast.net

Note: Two periods of Centering Prayer, intersected with a meditative walk, followed by a program. Weekly email describes the weekly program. Do not meet in July or August.

Tuesdays: 8:00 am

Union Presbyterian Seminary

3401 Brook Road, Richmond, VA 23227

Meet in Watts Chapel

Facilitator: April Swofford
Contact: april.swofford@gmail.com

Tuesdays: 8:45 – 10:15 am
St. Stephens Episcopal Church
Meet in Lounge
6000 Grove Ave, Richmond, VA 23226
Facilitator: Millie Cain
Contact: 288.2867 (church) or Millie: milliebcaïn@icloud.com

Tuesdays: 2:00 pm
Church of the Holy Comforter
Meet in Parlor.
4819 Monument Ave, Richmond, VA 23230
Facilitator: Rev. Hilary Smith
Contact: 355-3251
Note: Enter the parish house through the red doors on Staples Mill Rd and turn right down the hall. The parlor is on the left next to the parish office.

Tuesdays: 4:45 – 5:45 p.m.
Richmond Hill
2209 E Grace St, Richmond, VA 23223
Facilitator: David Vinson
Contact: 783-7903
Note: Open to newcomers regardless of experience

Tuesdays: 7:30 – 8:45 p.m.
Richmond Hill
2209 E Grace St, Richmond, VA 23223
Facilitators: Jerry Deans, Rev. Vallerie King
Contact: Vallerie King: vallerieking@aol.com or Jerry Deans: jerry.deans@comcast.net
Note: Open to newcomers regardless of experience

Wednesdays: 5:30 – 6:30 pm
St. Thomas Episcopal Church
3602 Hawthorne Ave., Richmond, 23222
Facilitator: Rev. Herbert Jones
Contact: 321-9548 (church)

Wednesdays: 1:00 pm
Powhatan United Methodist Church
2253 Rosson Road, Powhatan, VA 23139
Facilitator: John Rick
Contact: 794-2564

Note: Church under construction so meeting site varies. Please call in advance to verify location.

Wednesdays: 5:00 – 6:00 pm
St. Mary's Episcopal Church
12291 River Road, Richmond, VA 23238
Facilitator: Sydna Street
Contact: 784-3942 or streetsyd@gmail.com

Wednesdays: 6:30 - 7:00 pm
Winfree Memorial Baptist Church
Room 306
13617 Midlothian Turnpike, Midlothian, VA 23113
Facilitator: Donna Slaughter
Contact: Home 739-4876 or cell 241-7996 or Donnaslaughter51@gmail.com
Note: Centering Prayer is followed by 25 minutes for intercessory prayer, ending at 7:25, but folks can feel free to leave after Centering Prayer if they wish.

Wednesdays: (Third Wednesday) 6:30 – 8:00 pm
Christ Church Episcopal
5000 Pouncey Tract Road, Glen Allen, VA 23059
Facilitator: Rick Rowland
Contact: 364-0394 (church) or r.rowland@comcast.net

Thursdays: 9:00 – 11:00 am
St. Gabriel's Catholic Church
8901 Winterpock Road, Chesterfield, VA 23832
Facilitators: Sandy Tekavec: 804-739-4952 or
Becky Robinson: 703-975-4283

Thursdays: (Second Thursdays) 4:30 – 5:30 pm
Benedictine Sisters Convent
6826 Monument Avenue, Richmond, VA 23226
Facilitators: Sr. Kathy Persson and Paul Amrhein
Contact: 525-7902 or paul@saintbridgetchurch.org
Note: Group is forming effective Feb 8, 2018

Fridays: 12:00 noon
Union Presbyterian Seminary
3401 Brook Road, Richmond, VA 23227
Meet in Watts Chapel
Facilitator: April Swofford
Contact: april.swofford@gmail.com

Fridays: 6:15 pm
Northstar Community
563 Southlake Blvd., Richmond, VA 23236
Facilitator:
Contact: 800-908-2377
Note: Centering prayer as an 11th step discipline.

Saturdays: (Second Saturday)
St. Stephens Episcopal Church
Meet in room 14 (second floor)
6000 Grove Ave, Richmond, VA 23226
Facilitator: Rotating
Contact: Contact: 288.2867 (church)
Note: Come for any portion or all of the two hours. Two periods of Centering Prayer, intersected with a meditative walk, followed by a program. Brief orientation to centering prayer can be provided for first-time visitors.

**** CONTEMPLATIVE OUTREACH OF RICHMOND ***

OUR PURPOSE

(1) to provide Centering Prayer to people

(2) to support our prayer groups

PLEASE PRAY FOR GOD'S GRACE TO HELP OFFER CENTERING PRAYER IN OUR AREA.