

Introduction to Centering Prayer Workshop



Centering Prayer is a receptive, deep 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.

Risen Savior is partnering with Minnesota Contemplative Outreach to offer an Introduction to Centering Prayer Workshop on Saturday, March 23rd, from 9:00 a.m. to Noon

The workshop will provide participants with a basic definition of contemplative prayer (in comparison to other kinds of prayer), and expresses the intention of Contemplative Outreach to kindle the contemplative dimension of the gospel, and share the gift of Centering Prayer with people of all faiths. The Introduction to Centering Prayer workshop consists of four conferences:

- **Prayer as a Relationship** - The intention to consent to the intimacy of God.
- **The Method of Centering Prayer** - Participants experience Centering Prayer.
- **Thoughts and the Use of the Sacred Word** - At the heart of the method.
- **Deepening Our Relationship with God** - Extending the prayer into daily life.

Continuing sessions provide an expanded understanding of Centering Prayer, including opportunities to practice in a group setting, watch and discuss videos that feature Contemplative Outreach founder Father Thomas Keating, and share personal Centering Prayer experiences.

Minnesota Contemplative Outreach has trained and mentored presenters, who have then been commissioned by the national organization to lead introductory workshops on the method of Centering Prayer.

There is no set fee to participate, though a free will offering will be made available to help offset the facilitator and material fees. It is our hope that sincere spiritual seekers, regardless of their faith tradition, will join us and then begin Centering Prayer groups in their home parishes!

Registration is now open on the parish website (www.risensavior.org) or by simply contacting Scott Brazil (scott.brazil@risensavior.org).