



Contemplative Outreach of Greater Vancouver

Introduction to Centering Prayer Program

Hosted by: Gilmore Park United Church

Centering Prayer is a method of prayer revived from early teachings in the Christian contemplative heritage. Early Christians described and practiced a relationship with God that takes place in silence – *Opening our whole being to God, the Ultimate Mystery, beyond words, thoughts, and emotions.* It does not take the place of other prayer and devotions. Rather it may deepen the experience of other forms of worship by offering a way of quieting our faculties and preparing us to be more receptive to God's presence.

The introduction to centering prayer program is instructional and experiential. It consists of a Saturday workshop, and six weekly sessions of approximately one and a half hours each. These sessions are an integrated part of the program and support participants with further instruction and encouragement as they establish a centering prayer practice.

Date: Workshop: Saturday, March 29, 2008

Registration: 9:30 a.m. Workshop: 10:00 a.m. to 3:00 pm

Continuing Sessions begin Wednesday, April 2nd: 7:30 pm – 9:00 pm

Place: Gilmore Park United Church

8060 No. 1 Road (at Blundell)

Richmond, BC

Cost: \$20 (Workshop and Continuing Sessions)

Contemplative Outreach of Greater Vancouver will provide instruction by commissioned presenters and the continuing sessions by experienced facilitators. Coffee, tea and snacks are provided. Participants are invited to bring a bag lunch.

For further information about Centering Prayer and/or to register, please contact Judith Ann at 604-263-6244 or email her at juditha_donaldson@telus.net

Contemplative Outreach of Greater Vancouver is a chapter of Contemplative Outreach Ltd., which supports the practice of Centering Prayer in 27 countries. "We identify with the Christian contemplative heritage and recognize this to be the common ground of Christian unity."

For more information, please visit our website <http://www.cogv.org>.

**Open Mind, Open Heart, Thomas Keating*