

Introduction to Centering Prayer Workshop



Presented by *Contemplative Outreach of Metro Washington*

Saturday, February 9th from 9:00am to 4:00pm

(Register from 9 to 9:30, day begins at 9:30)

**at St. Andrew's Ukrainian Orthodox Church,
15100 New Hampshire Avenue, Silver Spring.**

Light breakfast provided. Please bring your own lunch.

Free will offerings accepted. Suggested donation is \$15.

Registration is required.

What is Centering Prayer?

Centering Prayer is a *method* of prayer, which prepares us to receive the gift of God's presence, traditionally called contemplative prayer, which is the opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond thoughts, words and emotions, whom we know by faith is within us, closer than breathing, thinking, feeling and choosing; even closer than consciousness itself. The root of all prayer is interior silence. Though we think of prayer as thoughts or feelings expressed in words, this is only one expression. Contemplative Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment.

Centering Prayer facilitates the movement from more active modes of prayer — verbal, mental or affective prayer — into a receptive prayer of resting in God. It emphasizes prayer as a personal relationship with God. At the same time, it is a discipline to foster and serve this relationship by a regular, daily practice of prayer. It is Trinitarian in its source, Christ-centered in its focus, and ecclesial in its effects; that is, it builds communities of faith.

To register or for more information please call the Director of Adult Faith Formation, LJ Milone, at 301-622-1122, or email at adultdre@sjbsilverspring.org

Directions: St. Andrew's Ukrainian Orthodox Church, 15100 New Hampshire Avenue, Silver Spring, Md. 20904. From the Capital Beltway (I-495) exit 28 on to MD 650/New Hampshire Ave North. Proceed 6 miles North on the left.