



## Centering Prayer Introductory Program February 12, 2022 on Zoom

(sponsored by the Contemplative Outreach Sarasota/Bradenton branch)

### “Be still and know that I am God” Psalm 46:10

Consider adding a meditative prayer practice to your Lenten Journey this year. Centering Prayer is a Christian form of silent prayer that serves as a method of movement into contemplative prayer, a way to open oneself to the Divine Presence and, through the healing of the Holy Spirit, to grow in our relationship with God.

The benefits of Centering Prayer are experienced more in daily life than during the time of Centering Prayer.

- We may find ourselves becoming more loving and less judgmental.
- We may become better and deeper listeners
- We may experience a greater understanding of the needs of the human family leading us to respond with acts of mercy and compassion.

**When:** Saturday, Feb.12, 2022: 8:45 am – 12:30 pm Eastern Time

**Where:** Online via Zoom

**Cost:** Free

**Sponsored by:** Sarasota/Bradenton Contemplative Outreach Branch

**Registration/Information:** For more information and registration please contact either Bob Ferkenhoff at [bferken@verizon.net](mailto:bferken@verizon.net), 941-350-6920, or Noreen Delaney [noreen@joveagency.com](mailto:noreen@joveagency.com), 941-228-1799. Please provide both your email and cell contact info so we can provide you updates on the workshop.

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The Centering Prayer Introductory Workshop familiarizes participants with the method of Centering Prayer and offers two opportunities to practice the prayer. The program will be led by Contemplative Outreach trained presenters.