

TUESDAYS
IN NOVEMBER
& DECEMBER
9-10:30 AM



Minnesota
Contemplative
Outreach

Introduction to Centering Prayer

*Centering Prayer is a receptive,
deep method of silent prayer
that prepares us to receive the gift
of the experience of God's presence within us.*

Presented via Zoom by hosts

**Reverend John Keller
& Reverend Luna GebbenGreen**

www.minnesotacontemplativeoutreach.org

Tuesdays, 9:00-10:30 a.m.
November 10th, 17th & 24th and December 1st

[Click Here to Learn More & RSVP](#)

Each meeting will include a 20 minute Centering Prayer session.
Participants are encouraged to read Thomas Keating's book,
Open Mind, Open Heart, between sessions.

*"Centering Prayer emphasizes prayer as a personal relationship with God
and as a movement beyond conversation with Christ to communion with Him."*