



Centering Prayer Group

As members, friends, and neighbors continue to grow in spiritual practices and faith formation.....

Church of the Covenant plans to host a monthly (or perhaps weekly)

Centering Prayer group.

Please let us know if you are interested!



Centering Prayer Group

*Rooted in Love, Growing in faith.....
to serve Christ and neighbor*

Centering Prayer is based on the wisdom sayings of Jesus in the Sermon on the Mount.

Matthew 6:6

“When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you.”



FIND US AND REGISTER!

Church of the Covenant

75 Lenlock Lane

Anniston AL, 36206

Phone: 256-820-4851

e-mail: covenantlenlockpcusa@gmail.com

Facebook

This spiritual formation event is **FREE!**

Lunch and refreshments will be provided.

Donations are accepted and appreciated!

CHURCH OF THE COVENANT SPIRITUAL FORMATION EVENT



Centering Prayer Retreat

Lead by Jan Day

October 5th-6th, 2018

Friday Oct. 5th 6:30-8 PM

Optional evening gathering and music for reflection

Sat. Oct. 6th 8:30 AM - 4 PM

*Registration, pastries, coffee and juice
@ 8:30 retreat begins 9 AM*

Introduction to Centering Prayer

Centering Prayer is a 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 thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering prayer is not meant to replace other kinds of prayer. Rather it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer—verbal, mental or intercessory prayer— into a receptive prayer of resting with God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.



That we may be filled with the light of God....

Beyond our human divisions

The source of Centering Prayer, is the indwelling of the Trinity: Father, Son and Holy Spirit.

The focus of Centering Prayer is the deepening of our relationship with the living Christ.

The effects of Centering Prayer are ecclesial; not limited to one branch of the Christian faith, but including all followers of Jesus open to the contemplative life he lived while calling followers into the Kingdom of God.

Across the boundaries of divisions and denominations Centering Prayer builds communities of faith and connects those in this practice together in mutual friendship and love.

www.centeringprayer.com

MEET JAN DAY

Our time together will be lead by Jan Warren Day.

Jan received her Certificate in Spiritual Formation from Columbia Theological Seminary and has led various workshops for youth and adults on prayer.

A retired Christian Educator, Jan now spends her life in the North Georgia mountains near Elizay. She currently serves as the Director for the Boys & Girls Club of Gilmer County where her mission field is filled with sharing God's love to those "outside the church" doors.

