

# Contemplative Outreach of Maryland and Washington

## Some Ancient Versions of Centering Prayer

**Half Day Retreat // Part 1 Saturday, October 19th 2019**

**Part 2 - Saturday, November 16th, 2019**



The purpose of these half-day retreats is to deepen our awareness of God's transforming presence in our lives.

**Led by Steve Thompson [Contact Steve](#)**

**Contemplative Outreach of Maryland and Washington ([COMW](#))**

**9:00 am - 1:00 pm Saturday October 19, 2019**

**[St. John the Baptist Catholic Church](#)**

12319 New Hampshire Avenue

In the Lyon Center - Look for COMW signage

Silver Spring, MD 20904

Our modern version of Centering Prayer was directly inspired by the anonymous Cloud of Unknowing, written around 1375 AD. But the essentials of the practice had been known for many centuries. In fact, the anonymous author of the Cloud had many direct and indirect influences, including Aristotle, Plotinus, and especially Pseudo-Dionysius, whom Anonymous translated into Middle English. What Anonymous calls the “cloud” was called the nous in Greek and intellectus in Latin. This two-part presentation will trace the outlines of Centering Prayer practice from its earliest written versions up through Nicholas of Cusa (c. 1450 AD)..

The morning will include three 30 minute periods of centering prayer and an interactive discussion. For more information and details, [click here](#).