

Centering Prayer Introductory Workshop
Saturday, Feb 2 from 9:30am-1:00pm
Grace St Paul's Episcopal Church
2331 E Adams St, Tucson, AZ

Centering prayer is a method of silent prayer that can serve to prepare one to receive the gifts of God's presence. The method is simple, yet profound in its effects. The goal of this workshop is to provide participants with the tools for Centering Prayer and to encourage a daily practice.

The workshop is presented by members of Contemplative Outreach of Phoenix. Centering Prayer is for anyone seeking a deeper relationship with God.

Participants are encouraged to attend six weekly sessions following the workshop. The sessions provide support and encourage those who wish to establish a daily prayer practice. Dates and times to be determined by participants.

A donation of \$20 may be made to Contemplative Outreach of Phoenix, but is not required in order to attend.

To register contact either:

Rev Kimberlee Law at pastorkimberlee@grace-stpauls.org.

Sister M Rachel Torrez at rtorrez@cox.net or 602- 944-2728, or online at www.contemplativeoutreach-phoenix.org.