

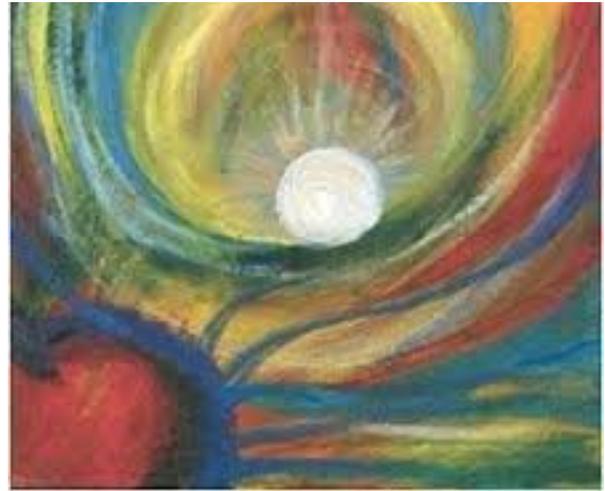
Centering Prayer Introductory Workshop

Saturday, 1/31/26

9:00 a.m.-12:30 p.m.

Friendship Center

St. Michael's Episcopal Church
2140 Mission Ave., Carmichael, CA



*Are you looking for a way to explore or
deepen your relationship with God?*

In our introductory workshop to Centering Prayer, you will learn about a monastic way of praying distilled from the 14th century classic book - *The Cloud of Unknowing*. Centering Prayer consists of simply sitting in silence with God—beyond thoughts, words, and emotions—and opening our mind, heart and whole being to the Ultimate Mystery.

The basics of centuring prayer will be taught along with actual practice of the prayer in community. In this guided workshop, there will be an opportunity to ask questions and share experiences with the presenter and fellow participants.

All are welcome.

Please RSVP by emailing centercossa@gmail.com

\$30 donation

Payment instructions will be emailed after registration.

(Scholarships available. Please inquire if assistance is needed)

Sponsored by Contemplative Outreach of Sacramento & Surrounding Areas (COSSA) and St. Michael's Episcopal Church.

Facilitated by Chuck Schaller & Janice Boyd
Commissioned Presenters of Centering Prayer



**Contemplative
Outreach**