

# HILO CENTERING PRAYER WORKSHOP INTRODUCTION / REFRESHER



*Opening to the presence of God.*

## **Workshop**

Enter into the quiet inner experience of God through Centering Prayer. Grounded in 16 centuries of Christian tradition, Centering Prayer helps us bring our whole being to God beyond words, beyond thoughts, and images. It emphasizes prayer as a personal relationship with God.

The workshop familiarizes participants with the method of Centering prayer and offers two opportunities to experience the prayer.

## **Continuing Sessions**

After the workshop, participants are invited to attend four to six weekly Continuing Sessions which provide support, more background and the time needed to establish a personal Centering prayer practice. Details will be discussed at the workshop.

## **March 2, 2019 10:00 – 1:00 pm**

Episcopal Church of the Holy Apostles,  
1407 Kapiolani St, Hilo, Hawaii

Contact Lindy Marzo at (808) 859-3847 or [lindymarzo@gmail.com](mailto:lindymarzo@gmail.com) for more information and to register.



**CONTEMPLATIVE OUTREACH OF HAWAII**

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