



Introduction to *Centering Prayer* Workshop

Centering Prayer is a way of deepening our relationship with God by letting go of thoughts and spending time with God in silence, daily. It involves consenting to God's presence and action in our lives, resting in God and praying without words. This prayer is grounded in ancient and revered Christian contemplative prayer practices.

Our workshop will include an overview of the history, practice and discipline of Centering Prayer, and we will experience two periods of silent prayer together.

This workshop is designed for those new to Centering Prayer as well as those wishing to deepen their more seasoned practice.

All are welcome!

Saturday, Sept. 7, 2024

St. Andrew's Episcopal Church
1002 South Main St.,
Greenville, SC 29601

10:00 am - 3:00 pm

Bring a bag lunch
Drinks will be provided

\$25 per person

RSVP: Susan White
sgellaminnowpea@gmail.com
or 864-281-7817

Presenters:

Judy Lineback, coordinator of *Contemplative Outreach of Greater Greenville*, a South Carolina chapter of the international organization that sponsors workshops and retreats to teach *Centering Prayer*, and an Episcopal layperson.

Cynthia Fore, a *Spiritual Director* and guide of contemplative retreats, and co-leads an online, weekly *Centering Prayer* group.