



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, Oct. 11, 2025
10:00 am - 3:00 pm

Holy Trinity Episcopal Church
193 Old Greenville Hwy
Clemson, SC 29631
864-364-1952

Bring your own bag lunch
Drinks will be provided

\$25 per person

Pay by cash or check at the door. Checks should be made to Holy Trinity with "Centering Prayer" in the memo.

RSVP to:

Wesley Ramey
htchurch@holyltrinityclermson.org
or 864-654-5071

Presenter:

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