

Introduction to Centering Prayer

The Center for Prayer and Spirituality at St. Mary's Episcopal Church, High Point, NC offers to the community an Introduction to Centering Prayer Series. Centering Prayer is a method of Christian silent prayer which deepens our relationship with God, the Indwelling Presence: a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

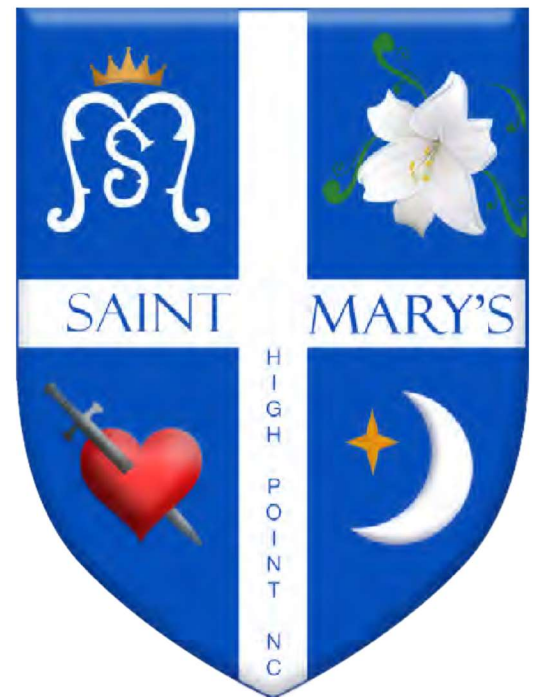
In this seven-session series, participants will learn about and begin cultivating a Centering Prayer practice. The program is designed for participants to attend all seven sessions. Throughout the series we will examine how Centering Prayer will deepen our relationship with God, with others, and with ourselves. We will be introduced to the theological background of Centering Prayer, what Centering Prayer is and is not, and how, through the practice of Centering Prayer, the Fruits of the Holy Spirit: love, joy, peace, gentleness, self-control, long-suffering, and patience, will be manifested in our daily lives.

The registration fee is \$40.00, which includes a boxed lunch for the Saturday, February 11th workshop and a copy of Thomas Keating's Open Mind, Open Heart. For detailed information and to register, please email Diane Popalis at dianep@stmarysepisc.org.

Session One: Saturday, February 11th, 10:00 am–3:00 pm, St. Mary's Parish Hall.
Sessions Two through Seven: Thursday evenings, February 16 - March 23, 6:30 pm–8:00 pm, St. Mary's Miller Common Room

Presented by Diane Popalis, Director of the Center for Prayer and Spirituality at St. Mary's, a commissioned presenter for Contemplative Outreach, and coordinator for Contemplative Outreach of Central North Carolina.

St. Mary's Episcopal Church High Point, NC



Center for Prayer & Spirituality