



Centering Prayer Meditation

First United Methodist Church of Fremont
2950 Washington BLVD Fremont, CA

(Every Tuesday Morning 9: 30am -10: 30am & Every Friday Evening 7:00pm -8:00pm). This meditation group is designed for both beginners and seasoned meditators. Beginners are always welcome.

Schedule Details (Tuesday):

9:20 p.m. - 9:30 a.m. Arrival (Please arrive early enough to be seated and silent at 9:30 sharp)
9:30 p.m. - 9:50 a.m. 1st Sitting Meditation (20 minutes)
9:50 p.m. - 9:55 a.m. Walking Meditation (5 minutes)

9:55 p.m. - 10:15 a.m. 2nd Sitting Meditation (20 minutes)

10:15 p.m. - 10:30 a.m. Reading, discussion, questions

Schedule Details (Friday):

6:50 p.m. – 7:00 p.m. Arrival (Please arrive early enough to be seated and silent at 7:00 sharp)
7:00 p.m. - 7:20 p.m. 1st Sitting Meditation (20 minutes)
7:20 p.m. - 7:25 p.m. Walking Meditation (5 minutes)

7:25 p.m. - 7:45 p.m. 2nd Sitting Meditation (20 minutes)

7:45 p.m. - 8:00 p.m. Reading, discussion, questions

Walking Meditation (Contemplative Walk):

As you walk, try to focus your attention on one or more sensations that you would normally take for granted, such as your breath coming in and out of your body; the movement of your feet and legs, or their contact with the ground or floor.

When you notice your mind wandering, simply try again to focus it one of those sensations.



“Be still and know that I am God.” (Psalm 46: 10)

About Centering Prayer Meditation

Are you interested in learning how to quiet your mind and become more centered in daily life? Are you feeling a desire to deepen your prayer or learn about Christian meditation?

Centering prayer is a method of prayer which prepares us to experience God’s presence within us. This practice is traditionally called contemplative prayer. It is the opening of the mind and heart—of one’s whole being—to God, beyond thoughts, words and emotions.

Centering prayer is not meant to replace other kinds of prayer, but rather, it teaches a receptive method of resting in God, of being in a personal relationship with God.

Centering Prayer Guidelines:

1. Choose a sacred word as the symbol of your intention to consent to God’s presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God’s presence and action within.
3. When engaged with your thoughts, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Pastor Hee-Soo Kwon has practiced meditation for more than twenty years. She is also a spiritual director and has a Ph.D. in Transpersonal Psychology. She can be reached via email at pastor@firstchurchfremont.org or cell: (650) 390-7036.