

# **Centering Prayer at All Saints Topics for Small Group Discussion January 9 to February 27, 2019**

Are you interested in developing a deeper relationship with Christ in your daily life? Beginning January 9, we will offer two programs intended to help you do just that. The programs will feature Thomas Keating and his teachings. Fr. Keating, who died at age 95 last month, was one of the developers of Centering Prayer and a leading figure in Contemplative Christianity for the last 50 years.

Starting January 9, we will meet for Centering Prayer in the Chapel of the main Sanctuary on Wednesday evenings at 6 PM. Then, those interested in small group discussions that explore how centering prayer can lead to a deeper relationship with Christ, and to support each other in this transformative journey, will remain and meet at the Bride's Parlor in the Winderweedle Center just across the driveway on the south side of the sanctuary. These small group discussions adjourn by 7:30 PM.

## **Topics**

### **A Rising Tide of Silence, January 9 and 16**

Photographer and author Peter C. Jones makes a noteworthy debut with his reflective portrait of his uncle, Father Thomas Keating, one of today's most influential living spiritual leaders. Interweaving historical footage, biographical documentation, interviews with friends and colleagues, and extensive conversations with Father Keating himself, the film traces a fascinating personal and spiritual life

See Trailer: [https://www.amazon.com/Thomas-Keating-Rising-Tide-Silence/dp/B014R1SU40/ref=sr\\_1\\_1?s=movies-tv&ie=UTF8&qid=1545150010&sr=1-1&keywords=a+rising+tide+of+silence](https://www.amazon.com/Thomas-Keating-Rising-Tide-Silence/dp/B014R1SU40/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1545150010&sr=1-1&keywords=a+rising+tide+of+silence)

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**Invitation from God, January 23 – February 27**

A wonderful review of contemplation, the spiritual journey and its implications for personal and global freedom. Danish film director, Marie Louise Lefevre interviewed Fr. Thomas Keating in 2006 and what resulted was a spiritually enriching and stunningly beautiful film. The conversation between the director and Fr. Thomas and the beauty of the film's images serve to express what the contemplative life is about. Topics include:

- Invitation from God
- The Five Levels of Consciousness
- Centering Prayer
- Prayer in Secret – Matthew 6:6
- Centering Prayer and Divine Therapy
- The Spiral Staircase and The Paschal Mystery
- The Great Banquet: All are Invited
- Inter-Religious Dialogue and The Concept of God