

Centering Prayer at St. Mark's

This Lent and possibly beyond, do you feel the Spirit nudging you to a deeper relationship with God? The daily practice of Centering Prayer may assist you. The method of Centering Prayer is based on the teachings of Jesus in the Sermon on the Mount. "When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you." (MT 6:6) It is a prayer of silence and consent to God's presence and action within us. The group will meet via zoom on Tuesdays in Lent at 7PM. If you are interested in developing a Centering Prayer practice , email me, Jim Lozer (jjlozer@att.net). Blessings and peace to you. Jim

Here is the Zoom link for each meeting:

https://us02web.zoom.us/j/98tyKuGrpz0sHdeSshqARpwqHY_oM-3ztmZBjadwIQiQLRpcehekGfJ9a4ZtAsjF