Centering Prayer

Centering prayer, a form of contemplative prayer, expands one's receptivity to the presence and activity of God in one's life. Those who regularly practice centering prayer have identified its many benefits.

- greater access to God's wisdom and energy
- a significant increase in creativity
- a decrease in compulsive behavior
- a reduction of painful emotions and negative thoughts and greater freedom to respond positively to them when they do arise
- a greater ability to accept difficult situations with peace and joy
- an expanded capacity to accept others on their own terms without judging them or desiring them to change
- an ability to love others more selflessly
- a greater awareness of the presence of God in every person and situation we encounter.

Each meeting is an hour or less and includes a 20 minute prayer time followed by discussion.

To sign up, call the church office at 507-288-2469 or email stlukes@stlukesepiscopal.org.

Feel free to invite friends—newcomers and non-members are welcome!