

Introduction to Centering Prayer Workshop



Presented by *Contemplative Outreach of Metro Washington*

Saturday, July 11th from 9:00am to 4:00pm

(Register from 9 to 9:30, day begins at 9:30)

at **St. John the Baptist Catholic Community, Silver Spring**
in the **Lyon Center**, which is behind the church.

There will be 6 continuing sessions starting the following
Wednesday, July 15th at 7:30pm at St. John the Baptist.

Light breakfast provided. Please bring your own lunch.

Free will offerings accepted. Suggested donation is \$50.

Registration is required. Scholarships available upon request.

What is Centering Prayer?

Centering Prayer is a *method* of prayer, which prepares us to receive the gift of God's presence, traditionally called contemplative prayer, which is the opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond thoughts, words and emotions, whom we know by faith is within us, closer than breathing, thinking, feeling and choosing; even closer than consciousness itself. The root of all prayer is interior silence. Though we think of prayer as thoughts or feelings expressed in words, this is only one expression. Contemplative Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment.

To register or for more information please call the Director of Adult Faith Formation, LJ Milone, at 301-622-1122, or email at adultdre@sjbsilverspring.org

Directions: St. John the Baptist, 12319 New Hampshire Ave., Silver Spring, Md. 20904.
From the Capital Beltway (I-495) exit 28 on to MD 650/
New Hampshire Ave North. After 3 miles turn right into the
driveway adjacent to the traffic light at Valley Brook Dr.