

## *Introducing Centering Prayer for Congregational Life*

### ***Start with a Taste...***

- *Host a one or one and half hour introductory session*
- *Book through COGV:  
Susan Burns 604-738-4758  
or burns@sfu.ca*

### ***Then reflect together...***

- *Meet with those attending the 'Taste'. Decide if you would like to try the practice together.*
- *Find either a Saturday (6 hours 9:30-3:30) or two weekdays or evenings (2 1/2 hour each no more than one week apart)*
- *Pick a weekly time to host the six follow-through Centering Prayer sessions (1 1/2 hr each) to practice together and grow a group.*

### ***Plan a full introduction...***

- *With the help of COGV*

***Wanting to talk further about  
what might work for your  
congregation...***

*Phone: Susan Burns 604-738-4758  
Email: burns@sfu.ca*

***Wanting to connect to the  
regional coordinating group...***

*Visit COGV: [www.cogv.org](http://www.cogv.org)  
Contemplative Outreach of  
Greater Vancouver lists group  
that meet regularly for Centering  
Prayer and has notices about  
upcoming retreats, days of prayer  
and silent days.*

***Wanting to find out more  
about Contemplative Outreach  
International...***

*Visit:  
[www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)  
for information on the three  
prayer forms , CP, Lectio Divina  
and The Welcoming Prayer plus  
access to books that support  
contemplative living*

# **Centering Prayer For Congregations and Parishes**



*Supporting the inner life  
in your Congregation:*

*Fostered and supported by:  
**COGV***

*Contemplative Outreach of  
Greater Vancouver  
[www.cogv.org](http://www.cogv.org)*

## *What is Centering Prayer?*

*Centering Prayer is a prayer:*

- *from the Heart*
- *that engages your whole body, mind and spirit*
- *in open silence*

*Centering Prayer is a method of prayer that opens you to the presence and action of God within.*

## *Where Does it Come from?*

*This prayer comes to us from the earliest beginnings of Christianity and was practiced by the Desert Fathers and Mothers. It was well known by Christian mystics such as Teresa d'Avila, Jean Paul de Caussade, the Greek Fathers and Thomas Merton.*

*The Centering Prayer method, taught through Contemplative Outreach, was adopted from these earlier traditions and adapted to be accessible in modern times.*

## *How do I learn Centering Prayer?*

*The only way to learn Centering Prayer is to do it.*

*Contemplative Outreach of Greater Vancouver will partner with you to introduce this prayer and its practice to your congregations and parishes.*

*An ongoing weekly Centering Prayer group is one avenue of deepening the inner life of those in your congregation and parish.*

## *The Method of Centering Prayer*

*Choose a sacred word as your consent to God's presence and action within.*

*Sit comfortably, settle briefly and introduce your sacred word.*

*When engaged with thoughts return gently to your sacred word.*

*After 20 minutes remain in silence for a few minutes to close.*

## *Why Centering Prayer?*

*It helps you:*

- *find a spiritual center*
- *create a daily oasis of silence*
- *open yourself to the transforming power of love*

*It has been said that Silence is the language of God*

*Centering Prayer:*

- *fosters the development of the spiritual faculties ...the ears of the heart and the eyes of the heart*
- *moves us from ordinary awareness to spiritual awareness and eventually to Divine awareness*

*Be Still and know that I am God  
Psalm 46:10*