

Introducing Centering Prayer for Congregational Life

Start with a Taste...

- *Host a one hour introductory session*
- *Book through COGV:
Anne 604-944-2742
Email marlan2@telus.net*

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*

To talk further about what might work for your congregation and parish communities ...

*Phone: Anne 604-944-2742
Email: marlan2@telus.net*

To connect to the regional coordinating group...

Visit COGV: www.cogv.org

The Contemplative Outreach of Greater Vancouver website lists group that meet regularly for Centering Prayer and has notices about upcoming retreats, days of prayer and silent days.

To find out more about Contemplative Outreach Ltd., the international organization

Visit:

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 spiritual communities*

Fostered and supported by:

COGV

*Contemplative Outreach of
Greater Vancouver*

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 did this method of prayer originate?

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.

Why Centering Prayer?

It helps you:

- *find a spiritual centre*
- *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