



## *Contemplative Outreach of Greater Vancouver*



*Be still and Know that I am God  
Psalm 46.10*

### **Introduction to Centering Prayer Program**

Workshop: Saturday, April 27, 2019 – 10am to 3.00pm

Continuing Sessions: Wednesdays 7pm to 8.30pm

May 1, 8, 15, 22 and 29

The Introduction to Centering Prayer Program offers the opportunity to explore a deep reflective practice of silent prayer based on the rich wisdom teaching of the Christian contemplative tradition.

**Hosted by:** Ridge Meadows Centering Prayer Group and Contemplative Outreach of Greater Vancouver - a chapter of Contemplative Outreach Ltd., which supports the practice of Centering Prayer worldwide.

**At: #156 – 19639 Meadows Gardens Way, Pitt Meadows, V3Y 2T5**  
***Please bring a bagged lunch – snacks and refreshments will be provided***

**Please pre-register by April 23, 2019 - Limited space available**

To register: Please send a donation cheque (of any amount) to COGV  
C/O Christine Kesans

210-3280 Plateau Blvd. Coquitlam, BC, V3E 3J5

For further information contact Christine at 604-944-7447,

Email: [chris.kesans@gmail.com](mailto:chris.kesans@gmail.com)