

CENTERING PRAYER INTRODUCTORY PROGRAM

Saturday, November 9, 10:00am – 3:00pm

St Dunstan's Anglican Church

3025 264 St Aldergrove, BC V4W 2W4



“Centering Prayer is fundamentally two things at the same time: first, the deepening of your personal relationship with Christ; and second, a method of freeing you from obstacles that prevent faith, hope, and love from growing in you. It allows you to become sensitive to the subtle inspirations of the Holy Spirit that lead to intimate relationship.” - Fr. Thomas Keating

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. Facilitated by experienced practitioners commissioned by Contemplative Outreach Ltd.

Continuing Sessions: Tuesday, November 12th Tuesday, November 19th, Tuesday, November 26th, Tuesday, December 3rd from 6:00pm to 7:30pm

Registration: \$150.00 Includes lunch, snacks, materials, and “Open Mind, Open Heart” by Father Thomas Keating.

Full and partial scholarships available.

Register online at www.st-dunstans.ca or at stdunstanscentre@gmail.com

Contact Person: Gene Fraser