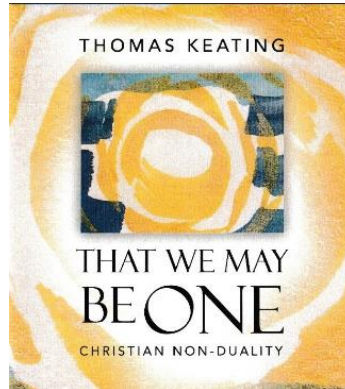


Early Morning Prayer Offering Via Zoom  
Wednesdays 6am to 7am - Beginning August 30<sup>th</sup> , 2023  
*All are Welcome – Come as you are!*

We will journey  
with Thomas Keating's  
6-week teaching....



**Dates:**  
August 30<sup>th</sup>  
September 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup>  
October 11<sup>th</sup> 18<sup>th</sup>

**A Note from the introduction:**

...Opening to the Divine Indwelling through practicing Centering Prayer is the consent to God's presence and action within us. The separate-self sense gradually evolves into the conviction of self in God. This profound awareness unfolds into a transforming union and still further – unity – with the Divine Presence. Paul calls this becoming a “New Creation.” Just by living and growing in consciousness, we are becoming, growing in God's Self, in God's presence, in God-consciousness. The ultimate consciousness is total Oneness in which God is all in all. “For Christians, it is to be a kind of fifth Gospel: to become the word of God and to manifest God ... empty of self and full of God.

***Morning Schedule***

*5.45am Zoom Room opens with music  
6am – 20 to 25 minutes Centering Prayer  
Followed by: Video teaching  
Holy Listening, Sacred Sharing  
Zoom closes no later than 7am.*

**For further information, zoom link and to register your intention to attend, please contact Christine:**

[chris.kesans@gmail.com](mailto:chris.kesans@gmail.com) or 604-944-7447

*... we are members of one another.*

- Ephesians 4:25