

Introduction to Centering Prayer Workshop

Saturday, May 7 ~ 8:30 AM – 3:30 PM

St. Anne's Episcopal Church

15 E. Green Street, Middletown, Delaware

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active kinds of prayer into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Christ.

This Introductory Workshop will familiarize participants with the method of Centering Prayer and its conceptual background and offers two opportunities to experience the prayer. The workshop consists of four presentations led by The Rev. Russell Bohner, a Contemplative Outreach commissioned presenter. Following the Introductory Workshop, participants are invited to attend Continuing Sessions at St. Anne's Church, which provide support, more background and the time needed to establish a personal Centering Prayer practice. The Sessions also include the opportunity to share the initial Centering Prayer experience with others who have made a similar commitment. Each Continuing Session is led by an experienced facilitator and includes a period of Centering Prayer and group discussion. Details regarding the Continuing Sessions will be offered at the Workshop.

Refreshments and lunch will be provided. Participation in the workshop is free; donations will be gratefully accepted. To register or for more information, please send an e-mail with your name and contact information to: office@st-annes-church.com.