



# St. Andrews Cathedral and Contemplative Outreach of Hawaii



Invite you to

An Introduction/Refresher to

## *A Centering Prayer Meditation Practice*

Enter into the quiet inner experience of God through Centering Prayer. Grounded in 16 centuries of Christian tradition, Centering Prayer helps us bring our whole being to God beyond words, beyond thoughts, and images. It emphasizes prayer as a personal relationship with God.

Saturday, March 22, 2014

9:00 am – 1:30 pm

St. Andrew's Cathedral, Von Holt Room

229 Queen Emma Square, Honolulu

RSVP: Rosanne Donohoe

721-6650 or [lokeana@hawaii.rr.com](mailto:lokeana@hawaii.rr.com)

*Open Mind, Open Heart* by Thomas Keating, the recommended starter book for learning Centering Prayer, will be available for purchase.

“Be still and know that I am God.”