

Centering Prayer Study

Explore This Life-Deepening Practice

Choose your kick-off session for this three-month study:

Wed., January 27

7-8:30 pm

or

Sat., February 6

10-11:30 am



**Speeding through a day-to-day existence,
but not really living?**

Searching for a more profound experience?

Curious to explore other approaches to life?

Saint Andrew's
Episcopal Church

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For more info, contact:
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Technology and innovation drive many aspects of our lives in and around the Silicon Valley. Yet being driven by technology can be a barrier to finding meaning in our busy lives. Saint Andrew's is hosting a study to explore how the ancient practice of Centering Prayer can help us dive below the surface of our lives, connect our faith with our creativity, and become more aware of the presence of the Holy. We are looking for people willing to participate in a three-month study on Centering Prayer, to explore the unknown, and to share data about their experience. Will you help us learn more about the impact of prayer on our lives?