

Be still and know that I am God.



Centering Prayer

Introductory Workshop

Christ Church Episcopal Parish 1060 Chandler Road, Lake Oswego, Oregon

Presenter:

*Sister Carmel Gregg, OSF
assisted by Rev. LeRoy Hammon*

Location:

*Christ Church Episcopal Parish
Canterbury Chapel
1060 Chandler Road
Lake Oswego, Oregon*

Call:

*Marilyn Depew 503-697-5586 to
register.*

**Registration due by
Wednesday, November 15th.**

Purpose: To introduce participants to Centering Prayer and to practice it as part of the class.

Goals: 1. To experience Centering Prayer at each session.
2. To explore attitudes involved in Centering Prayer.

Objectives: Participants will learn about various aspects of Centering Prayer:

- What is contemplative prayer?
- The method of centering prayer.
- Guidelines for centering prayer.

Start Date: Saturday, November 18, 2006

9:00 a.m. Registration and coffee

First Session from 9:30 a.m. to 3:00 p.m.

(Bring your own sack lunch, beverages provided)

Follow-up sessions and Centering Prayer groups on

Mondays or Saturdays from 10:00 am to 11:30 am

Cost: \$35.00 — Payable to Franciscan Spiritual Center