



Introduction to Centering Prayer Workshop via Zoom October 1-October 26

A weekly program to provide the basics of a centuries-old method of silent prayer to receive the gift of contemplation. Experienced practitioners will find renewal in videos of Fr. Thomas Keating teaching the method in the continuing sessions.

October 1 Saturday 8:30 am -12pm

The initial meeting will offer brief presentations and background by Scott Heller as well as opportunities to practice the method.

October 5-26 7 pm – 8:30 pm

The 4 Wednesday evening continuing sessions feature opportunities to ask questions, pray, and be blessed by the teaching of Fr. Thomas Keating on centering prayer through youtube videos.

At the conclusion of the workshop, participants are encouraged to find a group at their local church or in an online meditation chapel.

Register by sending an email to Bob Gorman at rbrtgorman@gmail.com.

A zoom link will be sent to you prior to the initial meeting.

