



## Centering Prayer Meditation, All Are Welcome

What is centering prayer? There are many definitions however all have one thing in common, a desire to quiet the mind and to set aside time to commune with the Sacred. A definition of centering prayer from Contemplative Outreach:

***Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, 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 modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God.***

Beginning Saturday, October 12<sup>th</sup> from 4:00 to 5:00 pm, all are welcome to attend a weekly centering prayer meditation offered at the First Church, in the Fellowship Hall, 2<sup>nd</sup> floor. Please join Gabe Burford, a practiced meditator, as he shares his experience and guidance in centering prayer, walking meditation, and reflection. Please be seated by 3:55 so we may begin promptly at 4:00. FMI please speak with Pat Kaplan. Thank you.