

Centering Prayer Introductory Workshop

Saturday, October 30, 2010

*St. Theresa Church,
Conference Room 1 and 2 of Events Center
30 Mandalay Road, Oakland
(Off Broadway Terrace, Upper Rockridge)*

9:00 a.m. - 3:30 p.m.

This workshop will be geared to newcomers to Centering Prayer and to those who know nothing about the prayer. However, as St. Theresa of Avila pointed out, we all are beginners in prayer. Therefore, this workshop is highly recommended for all who are interested in furthering their knowledge of the prayer.

We will begin with registration at 9:00 a.m. Coffee and rolls will be offered. It is requested that you bring your own lunch.

Optional follow-ups will be offered for a minimum of 4 weekly meetings. These meetings will take place at St. Theresa and also at Centering Prayer groups at various locations throughout the Bay Area. These meetings will be arranged according to need at the end of the workshop.

We suggest a donation of \$30 for the workshop (which includes follow-ups) to cover stipends for the presenters and to support Contemplative Outreach programs. However, donations are optional. No one is turned away.

We will have four presenters with each assigned a portion of the workshop. The four sections of the workshop are:

Prayer as Relationship
The Method of Centering Prayer (with practice period of prayer)
Distractions in Prayer (with another period of prayer)
Fruits of the Prayer

Pre-registration would be very helpful. We would like to know how many chairs to set up and how much coffee and tea to prepare. To register email Eileen Halliburton at ehalliburton@comcast.net or leave a phone message at 510-763-1829.

If you have ever wondered about the power of silent prayer, how it is possible to "listen" to God or what it is that the mystics have tried to teach us, please come to this workshop.