

Centering Prayer Introductory Course Online

Contemplative Outreach North-East

26th September & 3rd October, 2020

Centering Prayer is both a practice and a relationship which prepares us to awaken to the gift of contemplation and to rest in God. It is a discipline of intentional silence, and a way of surrender to the divine presence. It is complementary to other forms of prayer.



Be still and know that I am God. Ps.46:10

Centering Prayer was developed in the mid-1970's by Thomas Keating OCSO and other Trappist monks. It is based on Jesus teaching on prayer in Matthew 6:6, and firmly rooted in the ancient Christian tradition, inspired by the 14th Century anonymous spiritual classic, The Cloud of Unknowing, St John of the Cross, Teresa of Avila and others.

The course is suitable for those who may already be practising Centering Prayer, and also for those who are drawn to silent prayer in any tradition and would like to explore further. Participants will be given both the tools and the conceptual background.

Each morning consists of two talks which cover the history, "method" and conceptual background. There will also be an opportunity to practice Centering Prayer and time for discussion. Materials will be provided. This Introductory Course will take place **online (via Zoom)** on two mornings. For Zoom instructions contact the organiser.

Part 1: Saturday 26th September, 2020, 10.15am - 1.00pm

Part 2: Saturday 3rd October, 2020, 10.15am - 1.00pm

Presenters: Rev'd Mel King, Registered Presenter & Regional Co-ordinator, Contemplative Outreach North-East

Carole O'Reilly, Presenter and Groups Facilitator, Contemplative Outreach London

Course Fee: £25.00 (+ Eventbrite booking fee.)

To Book: Eventbrite: <https://www.eventbrite.com/e/centering-prayer-introductory-course-online-tickets-116995321155>

INTRODUCTORY FOLLOW-UP SERIES:

A 5-6 week Introductory follow-up Series of 90 minute meetings (via Zoom) will also take place, for those who wish to continue, hosted and led by the Hambleton Centering Prayer Meeting, Sowerby. It will include time to practice within a supportive group setting, and to explore concepts in more depth. Details to follow. All welcome.

For further information contact: Mel King (CO North-East Regional Co-ordinator): revmelking@gmail.com

or: Penny Johnson, Hambleton Centering Prayer Group: pennyj.johnson5@gmail.com