

To Register

Please fill out the registration form and make a check payable for \$25 to Contemplative Outreach of Northwest Florida or CONWF. Mail to:

CONWF
c/o Carol Lewis, Coordinator
612 Silvershore Drive
Pensacola, FL 32507

Or drop-off at Christ Church, Downtown Pensacola 18 W. Wright Street (corner of Wright & Palafox)

Name

Address

City, State, Zip

Phone

Email Address

Home Church



Already Practice Centering Prayer?

Even those who practice Centering Prayer may want to become more familiar with the theological background and concepts of this prayer form. Centering Prayer is a path to transformation. To companion you on that path, it can be helpful to experience teachings on Centering Prayer and to ask questions of teachers and fellow practitioners.

Contemplative Outreach of NW Florida

Contemplative Outreach of NW Florida (CONWF) formed in October 2010 to support Centering Prayer groups from Pensacola to Tallahassee. It is led by an ecumenical group of Centering Prayer group facilitators. CONWF is a Chapter of Contemplative Outreach, Ltd., founded by Fr. Keating in 1983 to support Centering Prayer groups worldwide. Learn more at www.CenteringPrayerNWF.com or www.ContemplativeOutreach.org.

For More Information

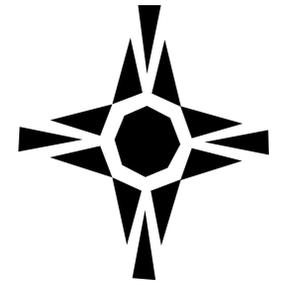
If you have questions about the workshop, please contact our Contemplative Outreach Chapter Coordinator Carol Lewis at CONWF@cox.net or at 572-0967.

“...But when you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you.” *Matthew 6:6*

**Be still and know
that I am God.**

Psalm 46:10

Introduction to Centering Prayer Workshop



*Resting in God:
Bring Centering Prayer
Into Busy Lives*

Saturday

August 3, 2013

9:00 a.m.—12:30 p.m.

8:30 a.m. Registration

Christ Episcopal Church

Downtown Pensacola

*Sponsored by
Contemplative Outreach of NW Florida*

About the Workshop and Centering Prayer

What is Centering Prayer?

We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. There is prayer that is beyond thoughts, words and emotions. Centering Prayer is one of these prayer forms.

In Centering Prayer, we open our awareness to God who is within us — closer than breathing, thinking, choosing — closer than our consciousness itself.

Centering Prayer is drawn from ancient prayer practices of the Christian contemplative heritage, notably St. John of the Cross and Teresa of Avila. Fr. Thomas Keating and Trappist monks developed this method of



Father Keating at St. Benedict's Monastery

Centering Prayer in the 1970s. The source of Centering Prayer is the indwelling Trinity: Father, Son and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ.



About the Workshop

Consider developing a new prayer practice and join us at a workshop on Centering Prayer. Together with the six follow-up sessions, the workshop supports the emerging daily practice of Centering Prayer as taught by Fr. Thomas Keating. The workshop is open to anyone who desires to learn the method of Centering Prayer. All sessions are facilitated by Commissioned and trained presenters of Contemplative Outreach, Intl.

The workshop includes periods of Centering Prayer as well as teachings on:

- ◆ Prayer as Relationship
- ◆ The Centering Prayer Method
- ◆ Thoughts & Use of the Sacred Word
- ◆ Deepening Relationship with God

Cost & Lunch

The cost of the workshop is \$25, which includes a light lunch on Saturday, six continuing sessions and the book [Forty Days to a Closer Walk with God](#) by Rev. J. David Muyskens. Scholarships are available by contacting Carol Lewis at CONWF@COX.NET.

Six Follow-Up Sessions

The six follow-up sessions deepen the conceptual understanding of contemplation and Centering Prayer. Sessions include prayer, viewing of Fr. Keating's Spiritual Journey video series, and discussion. The follow-up sessions will be **Tuesdays from 5:30—7:00 p.m.** (beginning August 6) and **Thursdays from 10:00—11:30 a.m.** (beginning August 8).

