



Centering Prayer Workshop

Sundays

March 7th , 14th , 21st, 28th

9:00-10:00 AM

Meeting Room 3

Call the office 403-269-3701, or email

info@centralchurch.ca to register.

Centering Prayer is a 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. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.

The source of Centering Prayer, as in all methods leading to contemplative 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. The effects of Centering Prayer are ecclesial, as the prayer tends to build communities of faith and bond the members together in mutual friendship and love.

What Centering Prayer Is and Is Not

1. It is not a technique but a way of cultivating a deeper relationship with God.
2. It is not a relaxation exercise but it may be quite refreshing.
3. It is not a form of self-hypnosis but a way to quiet the mind while maintaining its alertness.
4. It is not a charismatic gift but a path of transformation.
5. It is not a para-psychological experience but an exercise of faith, hope and selfless love.
6. It is not limited to the “felt” presence of God but is rather a deepening of faith in God’s abiding presence.
7. It is not reflective or spontaneous prayer, but simply resting in God beyond thoughts, words, and emotions.