

Centering Prayer

*“Be still . . .
and know
that I am God”
Psalm 46:10*



Centering Prayer is a simple method of silent prayer that prepares us to experience God's presence within us. Through regular practice of centering prayer, we nurture the incarnation of Christ in all aspects of our daily living.

ReSource hosts a centering prayer group on Tuesday mornings for an hour. We devote the first 20 minutes in the silence of centering prayer. Then as community we read and reflect on a contemplative book chosen by the group. We close our time in intercessory prayer.

Participants are encouraged to develop a daily practice of centering prayer, twice a day for twenty minutes each.

Tuesday Mornings, 8-9 am
2nd floor, Suite B
St. Michael's Episcopal Church
In cooperation with Contemplative Outreach

