



## Centering Prayer Introductory Workshop

*"Centering Prayer is a discipline to foster interior transformation, initiated by God and leading, if we consent, to divine union. One's way of seeing reality changes, which empowers one to perceive and respond to everyday life with sensitivity to the divine presence in, through and beyond everything."*

- Thomas Keating, Open Heart Open Mind

**Saturday, 4 March 2023**

**9am – 3 pm**

**St Timothy's Episcopal Church**

**1020 24<sup>th</sup> Street**

**West Des Moines, IA**

This workshop offers an introduction to Centering Prayer, an updated method of prayer that has been practiced by ordinary Christians for centuries. It is a way to open ourselves in silence to God's presence and loving action within us. Centering Prayer encourages a growing intimacy with God and can have a profound effect on how we feel about ourselves and how we relate to others. Centering Prayer facilitates the movement from more active modes of prayer into a receptive prayer of resting in God and a discipline to deepen our relationship with God.

In addition to learning about the basic elements of Centering Prayer, there will be time for discussion and the practice of this contemplative prayer form.

**Registration fee is \$30 and includes lunch. Please register by February 28 so we can order lunch.** Scholarships are available. For more information, contact Paul Witmer at [paulwitmer@msn.com](mailto:paulwitmer@msn.com) or Tim Goldman at [timothygoldman@gmail.com](mailto:timothygoldman@gmail.com)

Workshop includes the opportunity to attend four continuing sessions and to join a centering prayer group to support your practice.



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

[www.CenterIowa.org](http://www.CenterIowa.org)

Please register [here](#).