

A Contemplative Lounge: Exploring Centering Prayer as Meditation Practice Saturday, November 9, 2019

Centering Prayer is a foundational contemplative practice. It is a method of praying in silence, a method that helps us to detach from thoughts and the ordinary mental activity that can tempt and distract us from fully surrendering to God's living presence and action within. Centering Prayer helps to develop the skill and capacity to let go of the very human tendency to control life through our thinking and other egoic mechanisms. It allows "the still small voice within" to gradually be heard and to be trusted in the desire to become the fully alive beings that we have been created to be. It is a practice that helps to heal the mind, the soul, and yes, even the body.

Through informal conversation and discussion, the method of Centering Prayer will be taught and practiced. We'll discuss how contemporary science clarifies our understanding of meditation in general and Centering Prayer in specific.

This morning gathering is open to all who wish to learn this spiritual discipline - newcomers to the practice as well as to those who have some background in Centering Prayer but want to strengthen their knowledge base. A special invitation is extended to seasoned practitioners experienced in Centering Prayer but want to revive and update their understanding of it. You have a lot to offer those just learning! The longer we practice Centering Prayer, the more we know the truth of staying in "beginner's mind." Like the human condition itself, Centering Prayer has its joys and frustrations. We'll discuss its gifts as well as the areas where one may get stuck.



Facilitator: Kathy Reardon, Spiritual Director, Des Moines Pastoral Counseling Center and commissioned teacher of Centering Prayer.

When: Saturday, November 9, 2019.
Sign-in and refreshments begin at 8:30 AM.

Program 9 AM – 12:30 PM.

Where: Faith Lutheran Church, 10395 University Avenue in Clive.

Cost: A \$15 donation is suggested.

To register: centeriowa.org

Questions? Contact Kathy Reardon at 515 - 251 - 6660 or kreardon@dmpcc.org