

Centering Prayer Introductory Program

Schedule for Introductory Workshop & Continuing Sessions

Introductory Workshop

- 8:30 Church Open for Greet and Gather
- 9:00 Welcome, Introductions, Opening (10 minutes)
- 9:10 Conference One: Prayer as Relationship (20 minutes)
- 9:30 Conference Two: The Method of Centering Prayer (15 minutes)
- 9:45 Break (5 minutes)
- 9:50 Centering Prayer (25 minutes)
- 10:15 Q & A on the Method (15 minutes)
- 10:30 Conference Three: Thoughts and Use of the Sacred Word (25 minutes)
- 10:55 Break (5 minutes)
- 11:00 Centering Prayer (25 minutes)
- 11:25 Q & A about the practice (15 minutes)
- 11:40 Conference Four: Deepening Our Relationship with God (15 minutes)
- 11:55 Closing, including scheduling the 1st of 4 Continuing Sessions (5 minutes)

Four Weekly Continuing Sessions

To follow-up on the workshop, we will schedule a time to meet once a week for the four following weeks. During these meetings we will have time for Q & A about your developing centering prayer practice, watch a 30 minute Thomas Keating video followed by discussion, and have centering prayer time.