



**“For God alone my soul waits in silence,
for my hope is from Him.” Psalm 62:5
Centering Prayer Introductory Program**

During these challenging times Centering Prayer is a way to draw closer to God. It is a Christian form of meditation that serves as a method of movement into contemplative prayer, a way to open oneself to the Divine Presence and, through the healing of the Holy Spirit, to be of greater service to those around us.

The benefits of Centering Prayer are experienced more in daily life than during the time of Centering Prayer.

- We may find ourselves becoming more tolerant and less judgmental.
- We may be able to come back into balance more easily after an emotional upset
- A greater understanding of the needs of the human family emerges and leads us to respond with acts of mercy and compassion.

When: Saturday, October 17, 2020, 9:00 am – 12:30 pm Central Time

Where: Online via Zoom

Cost: Free but donations are encouraged

Sponsored by: Contemplative Outreach of Wisconsin.

Registration/Information: For more information and registration please go to the Contemplative Outreach of Wisconsin website: [Intro to Centering Prayer by Zoom | COSEW](#)

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The Centering Prayer Introductory Workshop familiarizes participants with the method of Centering Prayer and its conceptual background and offers two opportunities to experience the prayer. The program will be led by Contemplative Outreach trained presenters.