



Contemplative  
Outreach Northwest

# Centering Prayer: Introductory Program

**Saturday, July 11, 2015  
9:00 a.m. – 1:00 p.m.**

**Assumption Church-School Library  
2116 Cornwall Avenue  
Bellingham, WA**

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



Christian monastics and mystics through the ages have described and practiced a contemplative relationship with God that takes place in silence deeper than words. Centering prayer is a modern form of this practice.



Join us for an introductory workshop designed to cover the basics of the centering prayer method, learn the context of the practice in the Christian tradition, and spend time praying.



Presenters will be Fran Perry and Monika Kiley. Both Fran and Monika have many years of Centering Prayer experience and have completed Contemplative Outreach presenter training.

Pre-registration is required  
Space is limited  
No fee for this workshop

Contact Kathy Delbecq, 734-3411 or [rkdelbecq@comcast.net](mailto:rkdelbecq@comcast.net)

Resource books by Fr. Thomas Keating will be available for purchase using a personal check only.