



First Lutheran Church, Vancouver, BC

is sponsoring in partnership with
Contemplative Outreach of Greater Vancouver

An Introduction to Centering Prayer Program

"When you want to pray, go to your inner room, close the door, and pray to God in secret, and God who sees in secret will reward you." Matthew 6: 6

Centering Prayer is a receptive method of silent prayer. We simply practice resting in God's presence. This practice is inspired by the prayer witnessed in our scriptures and by the rich Christian contemplative heritage of 2,000 years.

The Introduction consists of eight sessions of instruction, experience and encouragement to explore and help to establish a daily Centering Prayer practice.

The first two sessions will offer an overview and instruction by Anne Larochelle, who is commissioned by Contemplative Outreach, the international organization that supports the practice worldwide.

The following sessions will be facilitated by Karen Duddy, a dedicated practitioner of Centering Prayer for more than ten years. Karen has also provided extensive service to Contemplative Outreach of Greater Vancouver.

Sessions on Centering Prayer will continue at First Lutheran Church throughout 2014-2015 upon completion of the Introduction. All are welcome to continue to practice.

Date: Monday evenings, beginning September 15, 2014
Time: 7:00 pm - 9:00 pm
Place: First Lutheran Church, 5745 Wales Street, Vancouver
Fee: Donations appreciated
Enquiries: Karen, 604-742-1607; kmduddy@gmail.com
To Register: Please contact Karen (see above)

First Lutheran Church, Vancouver, BC (www.firstlutheranvancouver.com)
Contemplative Outreach of Greater Vancouver (www.cogv.org)

"Our relationship with the living Christ is the bond uniting us together in mutual love."