



Contemplative Centering Prayer September 2019 – June 2020

Centering Prayer is a prayer of intention and a prayer of consent, a contemplative practice that will lead us to a more dynamic and intimate relationship with God. We offer two types of Centering Prayer experiences each month: a one-hour session and a four-hour program.

In the **one-hour session**, we have two sittings of 20 minutes each of Centering Prayer, with a contemplative walk in between.

Dates: September 10, October 1, November 5, December 3,
January 7, February 4, March 3, April 7, May 5, June 2

Time: 11:30am-12:30pm

In the **four-hour program**, we have two sittings of 20 minutes at the beginning, and spend the rest of the time in reflection and faith sharing. Currently, we are watching a series of DVDs by Fr. Thomas Keating that introduces the spiritual principles of Centering Prayer.

Facilitator: Sun Spriggs
Spiritual Director and Centering Prayer leader

Dates: September 17, October 15, November 19, December 17, 2019
January 21, February 18, March 24, April 21, May 12, June 16, 2020

Time: 10:00am-2:00pm

Fee: \$35~\$50 for each four hour program
Continental breakfast and light lunch included.

*Registration required one week in advance of each program.
Upper Room, Neptune, New Jersey
732-922-0550 or email office@theupper-room.org