



**“Be Still and Know that I am God”  
Centering Prayer**

Come for an evening presenting Centering Prayer, renewed from an ancient Christian contemplative practice. A practice of relaxing, emptying the mind, and moving beyond talking to God to being in communion with God facilitating a more intimate, deeper relationship with God.

**Presenter:** Sun Spriggs  
Spiritual Director and Centering Prayer Facilitator

**Date:** Tuesday, July 17, 2018

**Time:** 7:30 – 9:00 pm

**Place:** Upper Room Spiritual Center  
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753  
732-922-0550 or email [office@theupper-room.org](mailto:office@theupper-room.org)

**Fee:** \$25 - \$50 (sliding scale)

**Registration with full payment required by July 10th**

---

**Be Still and Know.....Centering Prayer** **Tuesday, July 17, 2018**

**Name:** \_\_\_\_\_

*(If using credit card, please make sure name is at it appears on credit card)*

**Billing Address:** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone:(H)** \_\_\_\_\_ **(C)** \_\_\_\_\_

**Email** \_\_\_\_\_ **Amt.Enc.** \_\_\_\_\_

**Credit Card#** \_\_\_\_\_ **Exp. Date** \_\_\_\_\_ **Sec. Code** \_\_\_\_\_

**Please mail to the Upper Room at the above address.**