

**OPENING TO THE PRESENCE OF GOD
CENTERING PRAYER: A JOURNEY INTO INTIMACY WITH GOD
SEPTEMBER 2011 ~ FEBRUARY 2012**

“When you pray, go to your inner room, close the door and pray to your Father in secret. Your Father who sees in secret will reward you.” (Matt. 6:6)

Centering Prayer is a practical way of implementing Jesus’ teachings on how to pray. Fr. Thomas Keating’s DVDs will guide us on our journey to our center where God resides. Sessions will include:

- Presentation / DVD/ Discussion
- Centering Prayer / Lectio Divina
- Questions & Answers / Review/ Sharing

DATES AND TOPICS

September 20, 2011

The Ultimate Reality
The Great Mystery- revelation of God
The inner room- listening at the level of
being- unifying prayer and action

December 20, 2011

The Human Condition
Return to the source Human Family is one
Seven moments of C.P.
The evolution towards oneness

October 18, 2011

Prayer as Relationship
Be still and know I am God the Rest of
the Story. The indwelling spirit

January 17, 2012

Deepening your relationship with God
Fruits of Centering Prayer
Two armed-embraced the future
Of inter-spiritual relationship

November 15, 2011

Practicing Centering Prayer
Method of Centering Prayer Four basic
Guidelines. It begins by saying “yes.”

February 21, 2012

A Lifelong Journey
Our basic core of goodness. Consent is the
only response. Interview with Father
Thomas Keating.

Facilitator: Bunny Scott; Upper Room Spiritual Director
Day/Time: Tuesdays 10 am ~ 2:30 pm (dates are above)
Fee: \$40 (light lunch and materials included)

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Name: _____
Address: _____ Phone: _____
E-mail: _____ Amount Enclosed: _____
Program Desired: _____

Please mail to the: Upper Room Spiritual Center
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