

SUMMER SERIES: TWO



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

Come for a presentation on Centering Prayer, a form of 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. Centering Prayer facilitates a more intimate, deeper relationship with God.

Presenter: Sun Spriggs
Spiritual Director and Centering Prayer Facilitator

Date: Tuesday, July 17, 2018

Time: 7:00 – 9:30 pm

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
732-922-0550 or email 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 as 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.
See back for the entire Summer Series