

“Introduction to Centering Prayer Workshop” near El Paso, TX

Date: Saturday, March 9, 2019 from 11:00AM to 4:00PM

Location: La Purisima Socorro Mission, 328 S. Nevarez Rd. Socorro, TX.
(pastoral center behind church; parking available next to Mission).

Presenter(s):

Denise Tierney, Coordinator of Contemplative Outreach NM
Ginger McGirk, Team Member, Contemplative Outreach NM

Cost: \$5.00 donation

Lunch: bring bag lunch or church fund raiser enchilada plates will be available for \$6.00.

Registration: from 10:30-11:00AM before workshop begins.

RSVP: We need to hear from you by March 2 to reserve a spot for you.

Contact Damian at Damian.maureira@gmail.com or (915)858-3857.

Also, contact if you have any questions.

“Be Still and Know that I Am God” — Ps.46:10

Christian Contemplative Spirituality and Centering Prayer:

The Introductory Workshop to Centering Prayer is for those individuals who want to deepen their relationship with God on their spiritual journey. Centering Prayer is a method designed to facilitate the development of Contemplative Prayer by preparing our faculties to receive this gift of God. It represents ancient Christian wisdom teachings in an updated form. It is a relationship with God and a discipline to foster that relationship.

“Deep prayer is the laying aside of thoughts. It is the opening of mind and heart, body and feelings, - our whole being – to God, the Ultimate Mystery, beyond thoughts words and emotions. Through Grace we open our awareness to God whom we know by faith is within us, closer than breathing, closer than choosing, closer than thinking, closer than consciousness itself.”

(Father Thomas Keating from *Open Mind, Open Heart*)

Interior silence is one of the most strengthening and affirming of human experiences. There is nothing more affirming, in fact, than the experience of God’s presence. That revelation says as nothing else can, “You are a good person. I created you and I love you.”

The spiritual journey has been described as the surrender or death of the False Self, transformed, and reborn to our True Self, in communion with God. Centering Prayer is a very personal daily prayer practice that is often practiced in groups. It opens one to God’s infinite Presence of Love and power to heal, and

opens the door to service and other related prayer practices around forgiveness, and dealing with painful situations and emotions...

— quotes by Contemplative Outreach and Fr. Thomas Keating

Recommended books by Fr. Thomas Keating (1923-2018):

- 1) Open Mind, Open Heart: The Contemplative Dimension of the Gospel
- 2) Invitation to Love: The Way of Christian Contemplation
- 3) Intimacy with God: An Introduction to Centering Prayer



Contemplative Outreach NM is under the guidance of Contemplative Outreach Ltd. a worldwide spiritual network. Our mission is to bring this ancient monastic prayer practice to those in contemporary society.