



Centering Prayer Workshop

Saturday, August 25, 2018

10:00 a.m. - 3:00 p.m.

Myers Park Presbyterian Church

2501 Oxford Place

Charlotte, NC 28207

Do you seek the still, quiet voice of God?

Join us for a prayerful day when we will explore the benefits of Centering Prayer in ordinary life and experience periods of Centering Prayer practice. Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. It is drawn from ancient prayer practices of the Christian contemplative heritage, notably the Fathers and Mothers of the Desert, Lectio Divina (praying the Scriptures), The Cloud of Unknowing, and the writings of St. John of the Cross and St. Teresa of Avila.

This workshop is an opportunity to be introduced to or to renew your prayer practice - to be with God beyond concepts, words and images, listening with "the ear of the heart". All are welcome to attend.

Presenter: Deborah Conner is a Presbyterian minister in the PCUSA currently serving Myers Park Presbyterian Church in Charlotte, NC as the Associate Pastor of Congregational Care. With nearly 30 years' experience in pastoral ministry, Deborah is a long time practitioner of centering prayer who is interested in helping people cultivate emotionally healthy spirituality in their lives.

Workshop Fee: \$35 before August 18; \$40 for late registration (includes lunch)

To register: www.copnc.org