

Centering Prayer

Centering Prayer has been my spiritual practice since 1995. Centering Prayer can be practised in several different ways and each approach can bring joy and riches to the individual praying. It is an opportunity to be with God in silence, contemplative reading, chanting and praying.

One method:

1. Choose a sacred word as a symbol of your intention to consent to God's Presence.
2. Sitting comfortably with your eyes gently closed, silently consent to God's presence.
3. When you become aware of anything gently use your sacred word to return to the Lord.

Centering Prayer is Wednesday morning for an hour beginning at 11 am in the Chancel.

After a time in silence we look at Holy Scripture using a method of Lectio Divina.

Please come and join us.

For more information contact: Verna Albright- valbright@shaw.ca or 250 579 - 5208