

GROWING WHERE YOU ARE PLANTED

Cultivating a contemplative life through the practice of Centering Prayer

Centering prayer is a way a cultivating a relationship with God by simply resting in God beyond thoughts, words, and emotions.

St Joseph's 3 Salvado Rd, Subiaco

Background:

What can silence teach us about God and about ourselves? The answer is **a great deal**, according to the history of the Christian tradition.

The classical meaning of contemplative prayer is simply a way of 'resting in God'.

Centering prayer is a way a cultivating a relationship with God by simply resting in God beyond thoughts, words, and emotions.

In the Christian tradition Contemplative Prayer is considered to be a pure gift of God. It is the opening of mind and heart – our whole being – to the One who is the ultimate mystery and the source of our being.

What we wish to offer – sharing the gift of Centering Prayer

The Centering Prayer Network of Western Australia through the auspices of St Josephs, Subiaco, invites you to learn more about the practice of centering prayer and how it may bring you and your faith community to the gift of simply 'resting in God'.

How many of us Christians truly understand the contemplative dimension of the Gospel and our great tradition of mystical and contemplative prayer? We wish to offer you a foundational program of this wonderful gift of 'resting in God'.

The Program:

We offer a number of workshops for those interested in the prayer that we call *'the liturgy of silence'*.

Session 1 – The contemplative tradition of Christianity <ul style="list-style-type: none">• What is the Christian tradition of contemplative prayer?• How can the Desert Fathers and Mothers speak to us today?	Session 2 – Centering Prayer – what it is and what it is not <ul style="list-style-type: none">• Centering Prayer is not a relaxation exercise or technique• Centering prayer is exercising faith hope and selfless love through an encounter with silence
Session 3 – The Three consents to God in Centering Prayer <ul style="list-style-type: none">• Using the sacred word, breath, or gaze as a consent to God presence and action within• Establishing a fidelity to the practice of Centering Prayer	Session 4 – The Human Condition – healing wounds of a life time <ul style="list-style-type: none">• our emotional programs for happiness• facing our darker nature and consenting to the dark nights
Session 5 – Hearing the Word together – Lectio Divina and Silence <ul style="list-style-type: none">• a brief introduction to practicing Lectio Divina• listening to the Word through silence and 'the ear of the heart'	Session 6 – Establishing a practice of Centering Prayer – developing a community of practice <ul style="list-style-type: none">• coming together in silence : supporting a community of practice in Centering Prayer• silence as a daily encounter with the living God

The program can be tailored to meet any needs in terms of time and commitment.

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***All who seek Christ
in silence with the living Father
through the Holy Spirit
are most welcome.***

Come unto me, all you that labor and are heavy laden, and I will give you rest. – Matt 11:28