

Dear Congregation!

I am blessed to be part of a Centering Prayer practice that meets twice monthly on every other Saturday. The practice originates from early Christian traditions in which time was spent in quiet reflection in order to "make room for God." Slightly different than meditation, there is no intended focus, but rather it's a time to release thought, and invite the Lord to enter one's heart.

I am fortunate to practice with several people who have been doing this for many years, following the teachings of Father Thomas Keating and more recently, Cynthia Bourgeault. The group recently met and I asked if inviting more folks would be of interest, and there was a joyful yes. I am therefore proposing an event, as described in the following announcement (with any modifications that you see fit, Chad.)

A Centering Prayer Opportunity - [The Practice of Silent Reflection](#)

Silent reflection is one part of our traditional Christian experience, but one that is infrequently taught or practiced today. At its core, it is an opportunity to sit quietly in prayerful repose, and receive God into our hearts. Meditation is a similar experience, but Centering Prayer is conducted without thought, so as to free the mind and in some cases, experience divine love.

Are you interested in learning more, or attending a Centering Prayer session? There will be one shared on Saturday, August 6th at 9:30 a.m. at the home of Kathleen Leigh Lewarchick. During that session you can expect to:

- Meet 3-10 Christians who enjoy and practice Centering Prayer, either individually or collectively, just like we will
- Hear an overview of the Centering Prayer practice, and ask questions
- Participate in one or two silent Centering Prayer sessions, each 10-15 minutes in duration
- Following the last session, enjoy fellowship, coffee and breakfast, with the group in the great outdoors under a comfortable porch

For questions or RSVP, please contact Kathleen directly at kathleenmleigh@gmail.com and mark your calendar for 8/6 at 9:30 a.m. Hope to see you!

"Be the change that you wish to see in the world."
Mahatma Gandhi