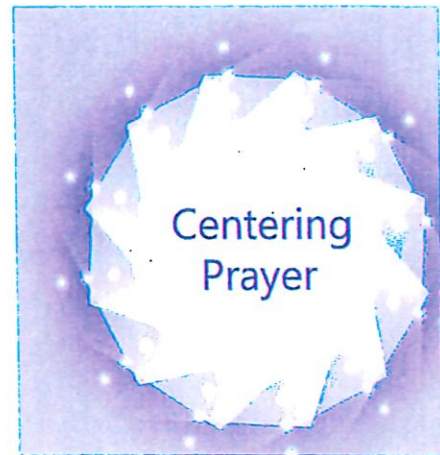


Centering Prayer Group at St. Mary's

Centering Prayer is a method of meditation used by Christians to seek an interior silence where we can open to God's presence.

It was developed by Trappist monks Fathers William Meninger, Basil Pennington, and Thomas Keating, in response to an invitation from Vatican II, to revive the contemplative teachings of early Christianity and present them in updated formats.

"But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you" Matthew 6:6



The name "Centering Prayer" is based on Thomas Merton's description of contemplative prayer (an older and more traditional practice) as prayer "centered entirely on the presence of God."

"I already meditate" or perhaps, "I tried and don't like meditation" may be your first thought. However, what makes centering prayer unique, within the many kinds of meditation available, is that in this prayer, we consent to God's presence and action within us. It is more about our intention to consent, rather than our attention in stopping thoughts.

You will find in Centering Prayer that you cannot stop your thoughts! Rather, you become the observer of your thoughts as they come and go, resting in a still place at the spiritual level of our being. Through Centering Prayer we are led beyond words, to a spiritual attentiveness as we are able to withdraw our attention from our ordinary flow of thoughts and our concerns about our daily lives.

Come join us!

Meet with us once a week at either of two sessions, **beginning September 23**, in person or via Zoom

- ✓ Thursdays at 11:00am in person
in the Parish Ministry Center (formerly the nursery school building) on Myers Ave
- ✓ Thursdays at 7:00pm in person, or remotely via Zoom
in the Parish Ministry Center (formerly the nursery school building) on Myers Ave

During our meeting (45 minutes to 1 hour) we will go over the principles of centering prayer, questions you might have, and we will include a 20-minute prayer time at each meeting. We will use Father Thomas Keating's book, *Open Heart, Open Mind* as a resource for understanding the fine points of this technique.

Yes, please keep me informed of the developments of this prayer group

Name _____	I plan to attend
Phone _____	_____ am session
Email _____	_____ pm session _____ Zoom (pm session)

Please contact Pat McKenzie at 973-627-2117 or mckenziepat@gmail.com,
or call the parish office, for more information