

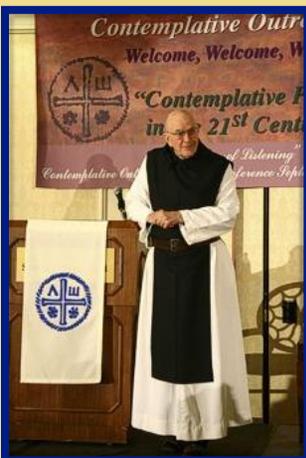
*Praying together supports a daily practice of Centering Prayer. This practice affirms our intention and consent to the Spirit's actions within each of us.*

We encourage you to attend our twice monthly gatherings. The best way to learn Centering Prayer is from someone who has daily practice and shares the effects of this prayer in their daily life.

We periodically offer an Introduction to Centering Prayer Workshop, which can be taken before or after beginning the practice in our group setting.

### Additional Offerings:

- ❖ Information on contemplative prayer retreats and events
- ❖ Books and brochures to assist in our spiritual journey
- ❖ Information from Contemplative Outreach International



*Fr. Thomas Keating, OCSO, is a founding member and the spiritual guide of Contemplative Outreach International.*

### Parish Mission Statement

St. Bartholomew is a diverse Catholic community welcoming to all. Called to serve, we are united by faith, bonded by prayer, and committed to living the Gospel message.

### Mass Schedule

**Saturdays:** 5pm (Vigil)

**Sundays:** 8, 9:30 & 11am, 12:30 pm

**Monday – Friday:** 8am

### Pastor

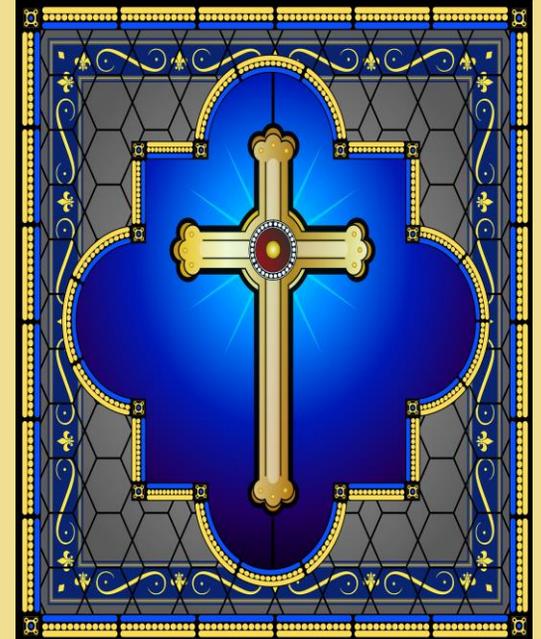
Father Michael Reardon  
[Michael.Reardon@la-archdiocese.org](mailto:Michael.Reardon@la-archdiocese.org)



### ST. BARTHOLOMEW CATHOLIC CHURCH

5100 E. Broadway  
Long Beach, CA 90803  
[www.stbartholomewcclb.org](http://www.stbartholomewcclb.org)  
562-438-3826

# Centering Prayer



*Be Still,  
and  
Know That I Am God.  
Psalm 46:10*



*“When you want to pray, go to your inner room, close the door, and pray to your Father in secret. And your Father, who sees in secret, will reward you.”*

*Matthew 6:6*

## Centering Prayer at St. Bartholomew Catholic Church

Our ministry is dedicated to transmitting the living tradition of the contemplative Christian heritage through the works of Fr. Thomas Keating and programs that integrate the contemplative life into our daily lives.

While we encourage other practices leading to Contemplative Prayer, our principal purpose is to share the methodology and conceptual background of Centering Prayer. The goal of Centering Prayer is transformation.

We seek to listen to and address the cries of our common suffering and divided world by listening to the promptings of the Spirit and responding accordingly. Most importantly, we seek a relationship with our Creator in the “inner room” through listening to language — God’s first Silence.



## What is Contemplative Prayer?

We may think of prayer as thoughts or feelings expressed in words, but this is only one expression. In the Christian tradition, Contemplative Prayer is considered to be the pure gift of God. It is the opening of mind and heart – our whole being – to God, beyond thoughts, words, and emotions. Through grace, we open our awareness to God, who we know by faith is within us, closer than breathing, thinking, or consciousness itself.

The source of Centering Prayer, as in other methods leading to Contemplative Prayer, is the in-dwelling Trinity: Father, Son, and Holy Spirit. Centering Prayer’s focus is to deepen our relationship with the living Christ. It tends to build communities of faith and bonds the members together in mutual respect, friendship and love.

While we are formed by our respective denominations, we are united in our common search for God and the experience of the living Christ. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions, with the needs and rights of the whole human family.

## Join our ministry!

Centering Prayer welcomes all. No experience is necessary to begin the practice.

We invite you to join us on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month from 7 to 8 pm in the church. Doors open at 6:45 pm.

If you arrive late, please quietly join us as we don’t want anyone to be turned away.

Our format includes:

- ❖ Two periods of Centering Prayer
- ❖ Lectio Divina (Divine Reading)
- ❖ Silent Walk
- ❖ Contemplative discussion
- ❖ Closing Prayer
- ❖ Books and brochures to assist in our spiritual journey

A “gentle reminder” is sent by email the weekend before our gatherings to encourage you to feel Spirit’s nudge. To be placed on the reminder list, please send your email address to: [stbartcenteringprayer@gmail.com](mailto:stbartcenteringprayer@gmail.com)

## For Information Contact

**Alison Reid**  
**562-537-1592**