

Introduction to Centering Prayer Retreat

Centering Prayer is a receptive method of Christian silent prayer that deepens our relationship with God, the Indwelling Presence ... a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

The practice of Centering Prayer helps facilitate and deepen our relationship with God. The more we practice and allow the transformation process to happen, the more we are able to experience the Indwelling Presence in everything we do. Contemplative practices, like centering prayer, give us the eyes to see and the ears to hear God calling us to the banquet that is our lives, as they are.

This method of prayer is both a relationship with God and a discipline to deepen that relationship.

If this appeals to you, your soul, your need ... Please join us February 14-16 at *Blue Lake Camp* for a 3-day **Introduction and Practice of Centering Prayer Retreat**. It will be facilitated by Patti Bodenhamer. She is a Spiritual Director for the AWFMC, and a facilitator of Centering Prayer (Contemplative Outreach, Ltd) and the labyrinth. Patti has practiced Centering Prayer since 2011. She says: "Centering Prayer is the cornerstone of contemplative commitment. This prayer creates a space of openness and receptivity where God actively participates by living your life for you, and you become a conduit for Divine Energy to move into the world."

"O God, to whom all hearts lie open and to whom desire is eloquent, and from whom no secret thing is hidden, purify the intention of our hearts with the outpouring of your Spirit that we may love and praise you as you deserve." ~~ The Cloud of Unknowing

There is a story about an old wise rabbi who was asked by a young inquirer, "Where is God?" Pausing briefly, the venerable rabbi replied "Wherever we let God into our hearts." This is Centering Prayer! We open our hearts to allow God's presence and action within.

**Come, experience Centering Prayer as a contemplative practice and ...
*let your God love you.***