

DOCUMENTING OUR MINISTRIES

MINISTRY: CENTERING PRAYER

DATE OF THIS DOCUMENTATION UPDATE: 28 JAN 2009

MINISTRY DESCRIPTION:

Centering Prayer, which is sometimes called contemplative prayer, is a method of silent prayer that prepares us to receive the gift of God's presence. As presented in the teachings of Thomas Keating and others, Centering Prayer consists of responding to the Spirit of Christ by consenting to God's presence and action within.

This group meets twice a month to support our individual and collective practice of Centering Prayer. Over the past year, sessions have been devoted to particular practices, such as *lectio divina* or "holy reading" and the study of specific books, most recently *The Cloud of Unknowing*, a fourteenth century English text that explores and teaches contemplative prayer.