



Contemplative Outreach of Greater Vancouver

Please visit our website at www.cogv.org

Introduction to Centering Prayer

Through the ages Christian monastics and mystics described and practiced a contemplative relationship with God that takes place in a silence deeper than words. Today, Centering Prayer offers a method of prayer that opens us to the gift of contemplation. It does not take the place of other prayer and devotions. Rather it may deepen the experience of other forms of worship by offering a way of quieting our faculties and preparing us to be more receptive to God's presence.

The Introduction to Centering Prayer Program is instructional and experiential. It consists of a Saturday workshop, and the opportunity to participate in six weekly sessions of approximately 1 1/2 hours each. These sessions are an integrated part of the introduction, and support participants with further instruction and encouragement as they establish a Centering Prayer practice. Contemplative Outreach of Greater Vancouver will provide instruction by commissioned presenters and the continuing sessions by experienced facilitators:

Deborah Foster has 27 years of contemplative experience and is currently concluding her Master of Arts in Theological Studies (MATS) at the Vancouver School of Theology.

Anne Larochelle is the area coordinator for Contemplative Outreach.

St. John the Evangelist Anglican Church invites you to attend

- Date:** **Saturday, October 24, 2009**
Registration / Coffee: 9:30am
Workshop: 10:00am to 3:00pm
Continuing Sessions: 7:00 – 9:00pm for six weeks
beginning Tuesday eves October 27 to December 1.
- Place:** **St. John the Evangelist Anglican Church**
220 W.8th Street, North Vancouver, B.C. V7M 1N1
- Cost:** **Workshop and Continuing Sessions - \$50.00**
Partial scholarships may be available.
- Refreshments:** Coffee, tea and snacks are provided. Participants are invited to bring a bag lunch.

Enquiries/ Registration: D. Foster. *Phone:* 604-987-8011.
Email: intro2cp@gmail.com

To Confirm: Please mail cheque for \$50, payable to *Contemplative Outreach of Greater Vancouver*, to COGV, #56, 2615 Fortress Dr., Port Coquitlam, BC V3C 6E8.