



CONTEMPLATIVE OUTREACH YORKSHIRE & the NORTH-EAST

CENTERING PRAYER FOUNDATIONS

JANUARY - MARCH 2022

Led by Rev. Mel King & Moira Start

For those who are new to Centering Prayer, or who would like to deepen their practice... or who simply would like an opportunity to pray with others...

Seven ONLINE Tuesday evening meetings. Drawing on *Open Mind, Open Heart* & other works by Thomas Keating OCSO.

This new series is in **two parts**:

Part 1: Beginning the series with the foundational **Introduction to Centering Prayer Course** over two evenings.

Part 2: Deepening the Practice, we will continue to practice & to further unpack some of the conceptual framework. Over 5 evenings.

DATES & TIMES:

INTRODUCTION TO CENTERING PRAYER

Tuesday evenings 7.00pm - 9.15pm

Jan 25th & Feb 1st (Materials provided.) Fee: £20.00

Book on Eventbrite: <https://www.eventbrite.com/e/online-introduction-to-centering-prayer-tickets-216907374797>

DEEPENING THE PRACTICE OF CENTERING PRAYER

Tuesday evenings 7.00pm - 7.45pm

Feb 8th, 22nd, Mar 8th, 22nd, 29th - 2022

Suggested Donation for these 5 sessions: £20.00

TO JOIN Part 2 Deepening the Practice, contact Rev. Mel King, for a booking form and payment details: york@contemplativeoutreach.org.uk