

Introduction to Centering Prayer Workshop

Presented by Contemplative Outreach of So. California

Saturday, April 10, 2010

9:00 a.m. – 3:00 p.m.

Includes Continental Breakfast and Lunch

***The focus of Centering Prayer is the deepening
of our relationship with the Living Christ.***



Centering Prayer is based on the Wisdom Saying of Jesus in the Sermon on the Mount:

"...when you 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

Those of us with active, busy lives can use this method of prayer to:

**quiet our minds,
center our spirits,
diffuse frustration and tension,
arrive at a deep forgiveness,
and lead us to intimate communion with God.**

No experience necessary --- Instruction will be provided.

Led by Joanne Van Hook

Lancaster UMC, 918 W. Avenue J, Lancaster, CA 93534

Please RSVP to the church office or Joanne Van Hook by April 5, 2010

(661) 942-0419 or joanne@ocspeakers.com

-----Please cut off and mail with payment-----

Introduction to Centering Prayer Workshop. April 10, 2010

Registration deadline April 5, 2010

- Yes, please register me @ \$40.00 for the Introduction to Centering Prayer Workshop
 Please contact me regarding a partial scholarship for this Workshop

Please make check payable to LUMC and
mail this form with check to: LUMC 918 W. Avenue J, Lancaster, CA 93534
or give to Joanne Van Hook

Name: _____ Telephone # _____

Address: _____ Email _____