

# RESTING IN GOD

AN INTRODUCTION TO CENTERING PRAYER

Saturday October 14, 2017

830AM to 1230PM (Check in at 8)

Saint Francis Xavier Catholic Church 1001 East 52<sup>nd</sup> Street  
Kansas City Missouri 64110

“The Father spoke one Word, which was His Son, and this Word He speaks  
always in eternal silence, and in silence must it be heard by the soul.”  
Saint John of the Cross

Centering Prayer is drawn from an ancient form of Christian prayer.  
It is a method of consenting to the presence and gracious action of Christ  
in the stillness of our being.

It is an exercise of faith, hope and love,  
moving beyond conversation with Christ to communion.

The fruit of this prayer is a growing sense of God’s leading us beyond anxiety toward an  
interior stillness and peace that radiates outward in compassion and service.

Anyone desiring to deepen his or her prayer life will benefit from this simple introduction to  
Centering Prayer.

**The format will include presentations, discussion,  
and opportunities to practice Centering Prayer.**

Pre-registration via phone or email to:

Mariann McCormally

816-381-9163

[mccormally@sfx-kc.org](mailto:mccormally@sfx-kc.org)

\$10 per person payable at the door

Checks to Contemplative Outreach-KC

