

# CONTEMPLATIVE PRAYER

*“Be Still and know that I am God.”*



Led by

Sister Kathleen Pruitt, CSJP

and

Kwan Wong, Oblate OSB

Contemplative Prayer (also referred to as Centering Prayer, Breath Prayer, Meditation or Listening Prayer) is a method of silent prayer that prepares us to experience God’s presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Contemplative Prayer, in its simplest form, is prayer in which you still your thoughts and emotions ... the fundamental idea is simply to enjoy the companionship of God.

Contemplative Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer—verbal, mental or affective prayer—into a receptive prayer of resting in God.

## Saturdays

9:00 a.m. to 12 noon

September 9, 2017  
October 14, 2017  
November 18, 2017  
December 16, 2017  
January 13, 2018  
February 17, 2018  
March 10, 2018  
April 14, 2018  
May 19, 2018

## Sundays

8:00 a.m. to 5:00 p.m.

October 22, 2017  
March 25, 2018

## Weekly Sitting Sessions

Every Thursday

7:00 p.m. to 8:15 p.m.

We have a very active Contemplative Prayer group that meets weekly at the Peace and Spirituality Center. Whether you are a beginner or experienced at sitting, you will find our sessions beneficial. We hope you’ll join us.