

Contemplative Prayer Group
Wednesdays @ 6:30 PM – 7:30 PM
Via Zoom

Registration by email: ocholytrinity@gmail.com

Phone: 609.399.1019

Needed for registration: Name, Email address, &

Phone

Email address is vital as this is how you will receive the Zoom information for logging into the recurring meeting.

Format

6:00 – 6:20 Input on history of contemplative prayer and guidelines

6:20 – 6:40 Meditation


6:40 – 7:00 Questions, comments, observations

Our format will adapt as we go forward. We will start with 10-20 minutes of Centering Prayer.

Resources:

There are many resources on Contemplative Prayer. We will be primarily practicing Centering Prayer. I recommend the Centering Prayer's national organization website: <https://www.contemplativeoutreach.org/>. There is an app for both iPhones and Android phones. You can find it on your phone's app store. It is called "Centering Prayer" with this logo:



"The spiritual journey does not require going anywhere because God is already with us and in us." 

Thomas Keating

