

*In Collaboration with  
Contemplative Outreach of Portland*



You are Invited

## **Introductory Centering Prayer Workshop**

Saturday, October 19<sup>th</sup>, 9:00-12:00 pm  
Saturday, November 16<sup>th</sup>, 9:00-11:00 am

*Centering Prayer is a receptive method of silent prayer developed in 1981 by Trappist Monk, Father Thomas Keating, in which we 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.*

**St. James Episcopal Church**  
11511 SW Bull Mtn. Rd.  
Tigard, OR 97224

\$20.00 suggested donation  
(no one is turned away)

- ⊕ **Presenters are Bertha Haas and Alysa Hilton, commissioned by Contemplative Outreach for introductory workshops in Centering Prayer.**
- ⊕ **Nov.16th will be a follow up session to offer further support with your practice.**
- ⊕ **To Register, contact Alysa at [aphnp1@gmail.com](mailto:aphnp1@gmail.com). Walk-ins welcome. Please make checks payable to Contemplative Outreach of Portland.**