

RESTING IN GOD

AN INTRODUCTION TO CENTERING PRAYER

Saturday, May 2
9AM to 3:30PM

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 workshop is facilitated by Rev. Rob Carr and will include opportunities to practice Centering Prayer. Rev. Carr is pastor of North Oak Christian Church Kansas City, Missouri. He studied with Thomas Keating at Saint Benedict's Monastery in Snowmass, Colorado.

Registration is \$15 per person, which includes lunch and provides a meal for the food insecure in Henderson County.

**How to Register: Register in advance online at fumchvInc.org,
Via Registration Form in the weekly church bulletin, or
Contact the church office at 828.693.4275**



