

Centering Prayer

EVERY FIRST TUESDAY

OPENING THE HEART TO GOD



“

PRAYER ... IS A CLOSE SHARING BETWEEN FRIENDS; IT MEANS TAKING TIME FREQUENTLY TO BE ALONE WITH HIM WHO WE KNOW LOVES US.”

— SAINT TERESA OF AVILA

Centering Prayer is a receptive method of Christian silent prayer. It offers a way of becoming still, opening the heart and resting in God's presence.

The practice draws on the Christian contemplative tradition. It is both a relationship with God and a discipline that helps us become more available to that relationship.

During the silence, thoughts will naturally arise. Rather than resisting them or following them, we gently let them go and return to our intention to be present and receptive to God.

Each gathering begins with a short reflection, followed by an extended period of silent prayer. No previous experience is necessary. Gentle guidance is offered, and all are welcome.

Afterwards, there is an invitation to stay and share some time together.

No previous experience is needed. People from any background who are open to Christian contemplative prayer are welcome.

FIRST TUESDAYS | 1PM
IN PERSON | APPROX 50 MINUTES

Kathryn Pile has practised various forms of meditation over many years. Drawing on her ecumenical Christian background and long association with the Carmelite Centre, Kathryn gently guides participants into silence and a deeper attentiveness to God's presence.

ALL WELCOME

Malone Room, Carmelite Hall
214 Richardson Street, Middle Park
Middle Park VIC 3206

“

FOR ME, PRAYER IS A SURGE OF THE HEART; IT IS A SIMPLE LOOK TURNED TOWARD HEAVEN.”

— SAINT THÉRÈSE OF LISIEUX



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