

We embrace the process of transformation in Christ, both in ourselves and in others, through the practice of Centering Prayer”.

Father Thomas Keating, Trappist Monk

Christ-Centred Meditation

Introductory Centering Prayer Workshop

October 17, 10 am to 3pm

Christ the King Church- Parish Centre
(3239 Garnet St)

**Suggested
Offering: \$25**
Includes lunch

Centering prayer is a method of silent Christian meditative prayer in which we experience God's presence within us. This workshop offers an opportunity to learn this method. All are welcome!

**For more info or to register please
contact Judy Corkery: 306-543-2914
or judithcorkery@gmail.com**

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