

# Centering Prayer

## IN-PERSON AND ONLINE GATHERINGS ON MONDAY EVENINGS

with Fr. Paul Facht, OMI

*Come to one or several gatherings*

*Register your attendance in-person or online by the Sunday before each session on our website. Please wear a mask if you come to Queen's House – physical distancing protocols will be in place to keep everyone safe*

**Dates and Times:** Monday evenings, 7:00 – 8:15 p.m. Central Standard Time

**Cost:** No fee – donations to the retreat centre most welcome  
Registration deadline: the Sunday before each session

**Registration Details:** There are two options available:

- Visit our website: [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399)  
*Participants can register online!*
- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

**Detail:** Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer 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.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with God.

Evenings will consist of praying together - in-person and online - followed by a teaching prepared by Fr. Paul Facht, OMI. Presentations featuring masters in centering prayer and contemplative practice such as Thomas Merton, Cynthia Bourgeault, Thomas Keating and Richard Rohr will be shared with the group. Come for one or many Monday evenings - you are always welcome!

**Presenter: Fr. Paul Facht, OMI** was a professor of theology at Newman Theological College in Edmonton for many years and is renowned for his comprehensive and inclusive approach to Prayer, Scripture and to World Religions. He serves as chaplain at both Queen's House and Trinity Manor. Warm and engaging, Fr. Paul is a gifted and committed community builder and educator.