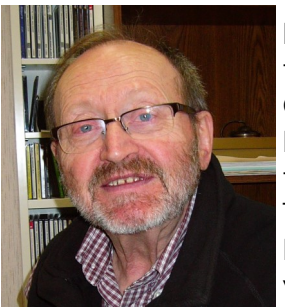




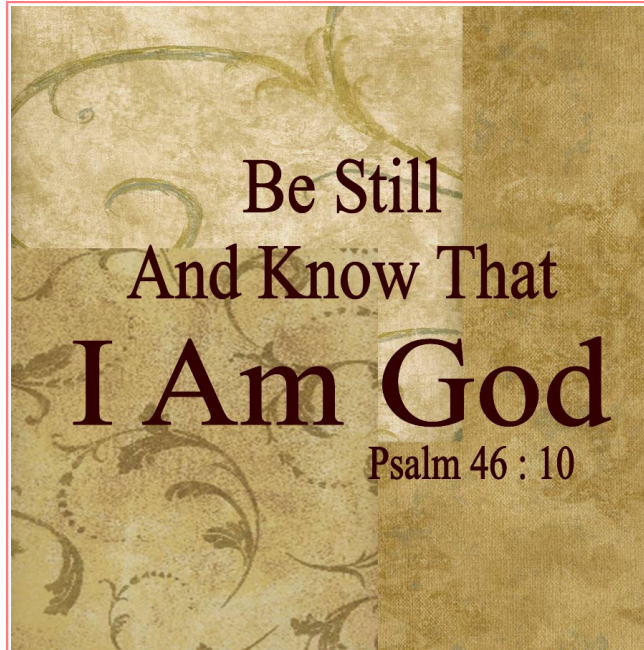
**Ana Gheysen** is a spiritually-integrated psychotherapist and a spiritual care practitioner. Ana's experience in religious communities and among spiritual seekers has given her a wide lens for appreciating the spiritual life as it manifests in all places and among all people. A practitioner for many years, she is currently studying to become a commissioned presenter of Centering Prayer.



**Dave Henderson** serves Queen's House Retreat and Renewal Centre as a Live-In Volunteer, Tech Guru, and valued member of the Ministry Team. A teacher in his younger years, and a graduate of the *Growing in Wisdom: Seeking Deeper Generativity* program, Dave is a life-long learner.



**Fr. Paul Fachel OMI** is the founder of this Centering Prayer group. He 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 served as chaplain at both Queen's House and Trinity Manor. Warm and engaging, Fr. Paul is a gifted and committed community builder and educator. He is now our Blessing Elder.



## Centering Prayer

**Monday evenings,**

**7:00 - 8:15 p.m.**

IN-PERSON AND  
ONLINE GATHERINGS



**Led by Ana Gheysen,**

**Dave Henderson,**

*with support from our Blessing Elder,*

**Fr. Paul Fachel, OMI**



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

# Centering Prayer

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 a personal relationship with God and fosters a movement beyond conversation with Christ to communion with God.



We meet in-person and online. At Queen's House, Dave will be your host. Ana hosts a Zoom video call for those who prefer to join online and for participants in other locations outside of Saskatoon. After 20 minutes of Centering Prayer, we watch or read presentations featuring masters in Centering Prayer and contemplative practice such as Cynthia Bourgeault, Thomas Keating and Richard Rohr for about 20 minutes. We finish with some fellowship, sharing insights from the presentation, and sharing about our contemplative prayer life.

Please register your attendance on our website <https://www.queenshouse.org/programs/>. Those joining us on zoom will receive an email with a Zoom link which is valid for all future meetings.

Come for one or many Monday evenings - you are always welcome!



Participants enter into Centering Prayer during a book study series in the Main Chapel - January 2020

**Monday Evenings,  
7:00 - 8:15 p.m. CST  
(Saskatchewan Time Zone)**

*This group meets most Monday evenings - please check the QH website to confirm and register your attendance.*

There is no fee for these gatherings.  
*Donations to the retreat centre most welcome*

## **Registration Details**

There are two options available when registering for these evenings:

- Visit our website: <https://www.queenshouse.org/programs/>  
**Participants can register online**
- OR
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

*Register your attendance in-person before each session, but no registration is required to join the zoom sessions after your initial registration - the zoom link is always the same.*

**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:  
**[www.queenshouse.org](https://www.queenshouse.org)**