



Contemplative Outreach Northwest (CONW)



**INTRODUCTION TO CENTERING PRAYER
ZOOM SATURDAY WORKSHOP**

Hosted by the Priory Spirituality Center, St. Placid Priory, Lacey, WA

DAY: Saturday, September 5, 2020

TIME: 9:00 AM – 3:00 PM

FEE: \$55.00

-Partial Scholarships Available

TO REGISTER GO TO: <https://www.stplacid.org/spirituality-center/weekend-programs/>

DESCRIPTION: Sourced from the depths of Christian contemplative tradition, Centering Prayer has emerged as a life-changing practice for those who embrace it. Learn the method or renew your practice of this ancient way of silent prayer. Our day-long format offers a relaxed way to hear the basics, practice, and ask questions.

PRESENTERS:

Bob Delastrada is commissioned to present Centering Prayer by Contemplative Outreach. He graduated from the Christos Center for Spiritual Direction and Formation, and received a Master's degree in Theology and Spirituality from St. Catherine's College.

Sister Anna-Camille Wooden has been practicing Centering Prayer for over 12 years and currently sits with a Centering Prayer/11th Step group at the priory.