

Coming in October and November 2018...

Workshops on Centering Prayer Meditation

Experience the practice of centering prayer meditation under the guidance of Pastor Hee-Soon Kwon this fall. Centering prayer is a spiritual discipline that prepares us to receive more fully the gift of God's presence within us. (See reverse side for further explanation.)

A "beginners" workshop will be offered in Rooms 7/8 at church in three evening sessions during October, and repeated in three morning sessions into November.

Thurs. Evenings: Oct. 4, 11 & 18; 7:30pm-9:00pm

Thurs. Mornings: Oct. 25, Nov. 8 & 15; 10:00am-11:30am

[No session on Nov. 1.]

The workshops will include both instruction and group practice. We will sit on chairs for the sessions. Dress comfortably. No preparatory reading is required. However, if you are interested in knowing more about centering prayer, Pastor Hee-Soon recommends a book, Open Mind, Open Heart by Thomas Keating.

After the introductory workshops, you may attend weekly one-hour group practice sessions, also with Pastor Hee-Soon, as you continue to hone your experience of centering prayer.

No experience is needed for the workshops. All are welcome. Pick up an extra flyer and invite a friend. Sign-ups start Sunday, Sep. 9.



“Be still and know that I am God.” (Psalm 46: 10)

About Centering Prayer Meditation

Are you interested in learning how to quiet your mind and become more centered in daily life? Are you feeling a desire to deepen your prayer or learn about Christian meditation?

Centering prayer is a method of prayer which prepares us to experience God's presence within us. This practice is traditionally called contemplative prayer. It is the opening of the mind and heart—of one's whole being—to God, beyond thoughts, words and emotions.

Centering prayer is not meant to replace other kinds of prayer, but rather, it teaches a receptive method of resting in God, of being in a personal relationship with God.

Pastor Hee-Soon Kwon has practiced meditation for more than twenty years. She has is a spiritual director and has a Ph.D. in Transpersonal Psychology. She can be reached via email at pastor@firstchurchfremont.org or cell: (650) 390-7036.

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