

## Centering Prayer

Would you like to explore a different type of prayer? Try Centering Prayer.

Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: *“When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you.” (MT 6:6)* It is also inspired by writings of major contributors to the Christian contemplative heritage including John Cassian, the anonymous author of The Cloud of Unknowing, Francis de Sales, Teresa of Avila, John of the Cross, Therese of Lisieux and Thomas Merton.

Centering Prayer is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with him.

There are a number of Centering Prayer groups operating in the Edmonton area, including one group that meets on-line. To find out more, you can contact any of the group facilitators listed below.

LOCATION	DAY & TIME	CONTACT	EMAIL
St. David’s Anglican Church, 8345 79 Ave NW, Edmonton, AB T6C 0R2	<b>Sunday</b> 7:00 pm year round	Susan Storey 780-463-2451	<a href="mailto:slstorey833@gmail.com">slstorey833@gmail.com</a>
All Saints Anglican Cathedral, 10035 103 St NW, Edmonton	<b>Monday</b> 7:00 pm year round	John Gee 780-940-2285	<a href="mailto:john.gee@shaw.ca">john.gee@shaw.ca</a>
Star of the North Retreat Centre 3A St. Vital Ave St Albert	<b>Tuesday</b> 2:00 pm Sept-June	Jerry Moran	<a href="mailto:janjer774@gmail.com">janjer774@gmail.com</a>
St Thomas Anglican Church, 4 Raven Dr, Sherwood Park, AB	<b>Tuesday</b> 7:00 pm	Dan Rempel 780-991-0414	<a href="mailto:danrempe@outlook.com">danrempe@outlook.com</a>
Providence Renewal Centre, VIRTUAL	<b>Wednesday</b> 6:30 pm Sept-Dec (Via Zoom)	Rosanne Buijs 780-436-0659 Marilla Currie-Wasney 780 437-1977	<a href="mailto:rbuijs@telusplanet.net">rbuijs@telusplanet.net</a> <a href="mailto:mcurrie_wasney@hotmail.com">mcurrie_wasney@hotmail.com</a>
St. Thomas d’Aquinas RC Parish, 8410 89 St NW, Edmonton	<b>Thursday</b> 7:00 pm	Caroline Maillet-Rao 587-597-2909	<a href="mailto:pastoral.aquin@paroisses.frb.ca">pastoral.aquin@paroisses.frb.ca</a>
Camrose St. Francis Xavier RC church	<b>Wednesday</b> 10:00 a.m.	Linda Gervais 780-678-9345	<a href="mailto:gervaisla@gmail.com">gervaisla@gmail.com</a>