

CENTERING PRAYER

AT THE EDMONTON

REMAND CENTRE



Centering Prayer is based on Jesus' Sermon on the Mount: "When you pray, go I 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).

This form of meditative prayer finds its roots in the practices of the early Desert Fathers and in mystics such as Teresa of Avila, John of the Cross, Thomas Merton, Therese of Lisieux and the writer of The Cloud of Unknowing. In the 1970s Centering Prayer was developed by the Trappist monk Thomas Keating.



Not long after the development of Centering Prayer, a group of inmates in Folsom Prison, California, found a book and requested the opportunity to practice this form of meditation. They received some training and began gathering and sitting in silence for 20 minutes.



Before long people out in the yard noticed that the practitioners seemed less confrontational, less angry, and more peaceful. They were invited to join the Centering Prayer sits. Even though they did not have any formal training, nor did they necessarily belong to any Christian faith tradition, they found a sense of peace in the practice.

**When Thomas Keating saw this,
he reflected:**

**“So what I think happens is that
contemplation is innate to human
nature, and anybody and
everybody is called to it.”**



Providence Renewal Centre and the Edmonton Remand Centre chaplaincy team are working together to bring Centering Prayer to the residents of the Edmonton Remand Centre.



We are looking for volunteers who are comfortable with Centering Prayer and feel called to share it with those who are in remand.

**For more information and/or to
volunteer please email**

retreats@providencerenewal.ca

