



**"... Sought through prayer and meditation to improve our conscious contact with God as we understood Him..."**

## **CENTERING PRAYER**

Our 11th step tells us prayer and meditation nourish and strengthen our relationship with God in a deliberate, "conscious" way. Centering Prayer is an **easy-to-learn practice** that provides a pathway to renew and strengthen our relationship with God.

**Centering prayer lets us sit still and listen to God.** It helps prepare us for the day and helps us during the day when voices are loud and questions are many.

### **What is Centering Prayer?**

Centering Prayer is an old form of prayer, similar to meditation that has been in the Christian tradition for over 1,500 years. Only over the last few decades has it been taught to lay people. It has gained a great following and is practiced throughout the world. People of any tradition are welcome to learn Centering Prayer.

### **How do I learn more?**

Like other disciplines – and Centering Prayer is a discipline – it requires practice. We have prayer groups that meet regularly where you can quickly learn the method, ask questions, and practice. One of the remarkable side effects of Centering Prayer is that it is communal – the prayer tends to build communities of faith and mutual care and bond members together in friendship and love.

To learn more, or find a prayer group, visit: [www.contemplativeoutreachsd.org](http://www.contemplativeoutreachsd.org)