

# *The Contemplative Journey at West Springs Church*

## **An Introductory Workshop on Contemplative Silence**

**Saturday, April 13, 2024 – 10 a.m. – 3:30 p.m.**

### **Workshop Schedule:**

**10 a.m. to noon:** Introductions, Teachings on Centering Prayer, Q & A, practice

**Noon to 1 p.m.:** Lunch (bring your own lunch)

**1 – 3:30 p.m.:** Teachings on Centering Prayer, Q & A, practice, and a short video

This workshop will give us grounding in the method of Centering Prayer, a practice of silent surrender that deepens our relationship with God.

The workshop includes both learning and practice, drawing deeply on the teachings of Fr. Thomas Keating, a Trappist monk who re-introduced the Christian contemplative tradition in our times. We will learn that the contemplative journey is grounded in intimacy, an ever-deepening relationship with the Divine. The sessions will teach us what to do with our busy minds and the barrage of thoughts we all experience when we move toward interior silence. As a group, we will have the opportunity to practice together, pooling our silence.

There is no charge for this workshop. Everyone is welcome, and no experience is necessary.



Liz Rees is a presenter of Centering Prayer, commissioned by Contemplative Outreach. She is a trained Eco Minister, Deeptime Leader and Life Skills Coach. Liz's spiritual road has included studying and teaching meditation, refugee accompaniment in Central America, creating and leading transformational youth programs, and guiding contemplation in the Christian tradition. Liz has burning love of the mystic path and a call to guide others to their own sacred hearts.

*"Humanity as a whole needs a breakthrough into the contemplative dimension of life. The contemplative dimension of life is the heart of the world." – Thomas Keating*