



# CENTERING PRAYER GROUP AT. ST. JOHN'S

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A SIMPLE PRACTICE OF SILENT MEDITATION  
ROOTED IN THE CHRISTIAN TRADITION.

**We meet on the second and fourth Monday at 7:00 p.m.**

7/14, 7/28, 8/11, 8/25, 9/8, 9/22,

10/13, 10/27, 11/10, 11/24, 12/8, 12/22

## **Newcomers & drop-ins are welcome!**

*Sometimes the most profound spiritual nourishment comes not from doing more, but from learning to simply be.*

We come together to learn more about contemplative prayer, to practice this way of praying together, and to support each others' search for a closer connection to God.

During our 45-minute meeting, we have a check-in, go over some aspect of contemplation, and then move into a 20-minute silent prayer time.

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Led by Pat McKenzie and members of St. John's Church

RSVP: [stjohnsboontonnj@gmail.com](mailto:stjohnsboontonnj@gmail.com) or just drop in.

Location: 226 Cornelia Street at the corner of Cedar Street.

**It is a wonderful meditative way to start the week.**