

CENTERING PRAYER GROUP

IMPROVING OUR RELATIONSHIP WITH GOD

HOSTED BY: **GREG JOHNSON & HERB KAIGHAN**

"Centering Prayer is a practice to foster our relationship with God".

Centering Prayer is a movement beyond conversation to communion and union with God. It prepares us for the gift of contemplation.

Centering Prayer is not meant to replace other kinds of prayer or meditation; rather it casts new light and depth on meaning on all of the various ways we open ourselves to new levels of consciousness. Gather with us to practice. All are welcome to join in this experience.

Greg Johnson is a lay contemplative and computer scientist by profession. He has been active in contemplative practice for over 30 years.

Herb Kaighan is a retired professional who has been on a spiritual path since his youth. He leads workshops and retreats and is a trained spiritual director. He has authored three books on spiritual awakening and meditation.



ONLINE EVENT



REGISTER
ONLINE



EVERY MONTH | 2nd & 4th WEDNESDAYS
7:00 PM – 8:00 PM

No Cost Event – Donations are appreciated!
Zoom links will be emailed prior to event.

Register online or contact Allie for event information, allie.herbk@gmail.com

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275