

JOIN OUR CENTERING PRAYER GROUP TUESDAY'S AT 09h30

The Centering Prayer Group meet for a time of sharing and silent prayer at 9.30 on a Tuesday morning each week. All are welcome. We spend 20 minutes in silent prayer, and some discussion which ends at approximately 10.30 am.

A time to come together and pray.

“Where does stillness figure in your life? – Are you satisfied that there is enough of it?”

Centering Prayer is a time of surrender and silence before God. Rev 3: “Listen I am standing at the door knocking...”

O what peace we often forfeit,

O what needless pain we bear,

All because we do not carry

Everything to God in prayer.

This is simply a time to be still and give ourselves to surrender, rather than being distracted by the demands which we live with most of the time. We are encouraged by the Psalmists who call us to “Be still and know that I am God...”

This is not essentially a time of meditation because we empty ourselves of thought and distraction. It is not Contemplation – but may lead to it. We could say this is a continuous breakthrough into the present moment of God.

We spend time as a group and share in these precious moments. The time of silence is just 20 minutes. A mantra may be used to help with distractions. We learn as we grow in Christ and see things new perspectives ..

“.....To see a world in a grain of sand , And heaven in a wild flower,

Hold infinity in the palm of your hand,

And Eternity in an hour”.