

# Contemplative Outreach of Lexington

presents



## Centering Prayer Introductory Workshop

Saturday, November 11, 2017

8:30 a.m. – 12:00 p.m.

at

Saint Michael the Archangel Episcopal Church  
2025 Bellefonte Drive  
Lexington, KY 40503

At this introduction to Centering Prayer, you'll learn about prayer as relationship, the simple method of Centering Prayer, how to deal with thoughts during prayer and how to deepen your

relationship with God. You will also experience two periods of Centering Prayer.

The registration fee of \$25.00 per person includes the workshop and six follow-up sessions. The fee will be collected the day of the workshop.

For more information or to secure your place in the workshop contact Kay Scarborough (859) 661-5111 or [kscarbocop@aol.com](mailto:kscarbocop@aol.com).

Scholarships available. Space is limited.

[www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)