

Centering Prayer

Centering Prayer is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with him.

Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: *“When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you”*(MT 6:6). It is also inspired by writings of major contributors to the Christian contemplative heritage including John Cassian, the anonymous author of *The Cloud of Unknowing*, Francis de Sales, Teresa of Avila, John of the Cross, Thérèse of Lisieux, and Thomas Merton.

The following Centering Prayer Groups meet in person or online:

Please confirm with the contact person listed when planning to attend as details can change

LOCATION	DAY & TIME	CONTACT	EMAIL
St. David’s Anglican Church, 8345 79 Ave NW, Edmonton, AB T6C 0R2	Sunday 7:00 pm year round	Susan Storey 780-463-2451	slstorey833@gmail.com
All Saints Anglican Cathedral, 10035 103 St NW, Edmonton	Monday 7:00 pm year round	John Gee 780-940-2285	john.gee@shaw.ca
Star of the North Retreat Centre 3A St. Vital Ave St Albert	Tuesday 2:00 pm Sept-June	Jerry Moran	janjer774@gmail.com
St Thomas Anglican Church, 4 Raven Dr, Sherwood Park, AB	Tuesday 7:00 pm Sept-June	Dan Rempel 780-991-0414	danrempel@outlook.com
Providence Renewal Centre, VIRTUAL	Wednesday 6:30 pm Sept-Dec (Via Zoom)	Rosanne Buijs 780-436-0659 Marilla Currie-Wasney 780 437-1977	rbuijs@telusplanet.net mcurrie_wasney@hotmail.com
St. Thomas d’Aquinas RC Parish, 8410 89 St NW, Edmonton	Thursday 7:00 pm	Caroline Maillet-Rao 587-597-2909	pastoral.aquin@paroisses.frab.ca
Camrose St. Francis Xavier RC church	Wednesday 10:00 a.m.	Linda Gervais 780-678-9345	gervaisla@gmail.com