



Improving Our Relationship with God

Every Month
Second & Fourth **Wednesday**
7:30 to 9:00 PM Via Zoom (PST)

Centering Prayer Group Practice

with Greg Johnson
& Herb Kaighan



Centering Prayer is a practice to foster our relationship with God. It 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 of 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 & retreats and is a trained spiritual director. He has authored 3 books on spiritual awakening & meditation.

LOCATION: ZOOM

Zoom information and links will be emailed to you a few days before each event.

Contact: To register for the Centering Prayer Group and receive Zoom information, please sign-up online at www.herbk.com, select "Other Series & Events" and then click on "Centering Prayer".

If you have any questions, please contact Allie W at allie.herbk@gmail.com

Cost: Donation

For donations for Centering Prayer go to www.maryjoseph.org, use the 'Donate' button, and choose "Herb Kaighan Donations" from the drop down menu.

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