

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

Centering Prayer Group

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; rather it casts new light & depth of meaning on all types of prayer. Come and pray with us.

Greg Johnson is a lay contemplative and computer scientist by profession. He has been active in contemplative practice for over 26 years. Herb Kaighan is a retired professional who has been on a spiritual path since his youth. He has been leading workshops & retreats for over 36 years and is a trained spiritual director. He has authored 3 books on spirituality & meditation. ALL are welcome to join in this experience.

LOCATION: ZOOM Gathering

(until group returns physically to Mary & Joseph Retreat Center)

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 Pat G at pat.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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