

# Centering Prayer Opportunities

Centering Prayer is quiet prayer. It 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 Creator in secret. And your Creator, who sees in secret, will reward you.*

Matthew 6:6



The Centering Prayer method grew out of the work of three Trappist monks from St. Joseph's Monastery in Spencer, MA: Thomas Keating, Basil Pennington and William Menninger. It also draws from the contemplative prayer tradition in the Christian church. This form of prayer is not meant to replace other kinds of prayer. It is a discipline of quiet contemplation that opens our whole being to God.

## Centering Prayer Groups in Colorado Springs:

### Benet Hill Monastery

Tuesdays, 10:00 – 11:00am  
3190 Benet Lane

### Faith Presbyterian Church

Wednesdays, 9:00 – 10:00am  
1529 N Circle Dr

### Grace and St. Stephens Episcopal Church

Thursdays, 9:00 – 10:00am  
601 N Tejon St

### Benet Hill Monastery

First Saturday of each month, 9:00am – 12:00pm  
3190 Benet Lane

For more information, contact  
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Sisters of  
**Benet Hill  
Monastery**