



**CENTERING PRAYER INTRODUCTORY WORKSHOP  
SEPTEMBER 13, 2025 9:00 A.M. TO 1:00 P.M.**

**ST. JOSEPH'S HOSPITAL CHAPEL  
350 WEST THOMAS ROAD  
PHOENIX, ARIZONA 85013**

Centering prayer is a method of silent prayer that can serve to prepare one to receive the gifts of God's presence. The method is simple, yet profound in its effects. The goal of this workshop is to provide participants with the tools for Centering Prayer and to encourage daily practice.

The workshop is presented by members of Contemplative Outreach of Phoenix. Centering Prayer is for anyone seeking a deeper relationship with God. Participants are encouraged to watch six follow up sessions on y-tube after the workshop. Those sessions provide support and encourage anyone who wishes to establish a daily prayer practice. A donation of \$20 may be made to Contemplative Outreach for the workshop but is not required for attendance.

To register contact: [www.contemplativeoutreach-phoenix.org](http://www.contemplativeoutreach-phoenix.org) or  
Sister M. Rachel Torrez at [rtorrez@cox.net](mailto:rtorrez@cox.net) or 602 944-2728