

## Centering Prayer at Assisi Heights



Image from Pixabay

**Every Tuesday, 6:00pm – 7:00pm**

**Preregistration not required. All are welcome.  
Please note: Masks are now required at Assisi Heights.**

Centering Prayer is a method of contemplative prayer that explores ways of “praying beyond words.” It is not so much about *attention* as it is about *intention*. The source of Centering Prayer is the indwelling of the Spirit and the focus of this prayer is deepening the relationship with God. Its method is listening in silence. In the 6<sup>th</sup> century, Gregory the Great called it “resting in God.” St. John of the Cross said, “Silence was the first language of God.”

Sister Beth Lynn, a member of the Poor Clare Sisters and longtime teacher and practitioner of Centering Prayer, will lead these sessions. Guest leaders will assist on occasion.

**If you have event or registration questions,  
please contact Bob Taraba at 507-280-2195**



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