

# Contemplative Day of Prayer: Awakening to the Presence of God

Presented by Bill and JoAnne McElroy,

Contemplative Outreach Chicago

Saturday, February 3rd, 2024

St. Cajetan Church

2445 W. 112th Street

Chicago, IL 60655

8:30 Gathering/Light Breakfast

9:00—3:00 Workshop (lunch provided)

## Centering Prayer

Centering Prayer is a receptive method of Christian silent prayer which deepens our relationship with God, the Indwelling Presence ... a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

If you are new to Centering Prayer or would like to deepen and reinvigorate your practice, please consider participating in this workshop. Introductory workshop presenters are specifically trained in this course. The days program explores the place of contemplative prayer in the Christian tradition, the conceptual background of Centering Prayer, psychological processes and insights into establishing Centering Prayer as a way of life. To register visit our web site at [www.cajetan.org](http://www.cajetan.org) or contact Deacon Joe at [jroccasalva@cajetan.org](mailto:jroccasalva@cajetan.org) or 773-474-7814



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