



Contemplative Outreach®
Central Ontario (COCO)

INVITATION

Centering Prayer

Introductory Course on Zoom

Starting Monday, January 26, 2026

“Be still and know that I am God.” Psalm 46:10

Are you curious to learn more about being still and opening to the presence of God through contemplative prayer?

....Then Centering Prayer may be for you. Centering Prayer is a simple method of Christ-centered silent prayer for those seeking a deeper spiritual life. It is a modern approach to an ancient prayer practice. A movement beyond conversation to communion with God which leads to personal transformation and a more intimate relationship.

The FREE 5 week Zoom course includes an Introductory Workshop plus 4 Follow Up Sessions. They lay the foundation for the method of Centering Prayer and include both instruction and group practice.

All five Monday sessions are facilitated by Sue Woppard, a presenter trained by Contemplative Outreach Canada.

REGISTRATION: Please email Sue Woppard at sue.woppard108@gmail.com
And don't hesitate to share this invitation with friends who you think might be interested. The Zoom joining information will be sent to all registered participants a few days before the course begins. (NOTE: If you already practice Centering Prayer and would like to take the course as a refresher, you are most welcome. Just email Sue)

DATES: Five consecutive Mondays starting January 26, 2026 (7-9:30pm) and continuing February 2, 9, 16 and 23 from 7pm-8:45pm.

All sessions include: a 20 minute Centering Prayer meditation; a video presentation on the principles, discipline and method of Centering Prayer by Father Thomas Keating and others to support you in your practice; and a Q&A period.

“When you pray, go into your inner room, close the door and pray to your Father in secret. and your Father, who sees in secret, will reward you.” Matthew 6:6