



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 Woollard, a presenter trained by Contemplative Outreach Canada.

**REGISTRATION:** Please email Sue Woollard at [sue.woollard108@gmail.com](mailto:sue.woollard108@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