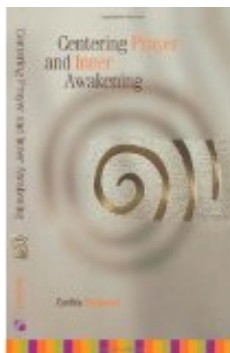


## Northeast Wisdom/Wisdom Waypoints Practice Circle – Centering Prayer And Inner Awakening

Live Zoom Online Book Group held as a Wisdom Circle

*Centering Prayer And Inner Awakening* by Cynthia Bourgeault (2004)



**AUGUST 17 – NOVEMBER 16, 2021**

**Once a month starting August 2021 ~ through November 2021**

In *Centering Prayer and Inner Awakening* we will be delving into both the tradition and method of this contemplative Christian prayer practice. As a group we will read, digest and practice together. Know you are welcomed into this timely invitation from Cynthia who says in the introduction of this book: “At a time in our Christian life when the factional extremes seem intent on fighting each other to death while the rest of the world goes its way in massive indifference, I know from my own experience that there is something in this prayer that can restore harmony, dignity, and depth to our lived Christian community. It is this, more than anything else that I wish to share with you.” (p. xiv)

In our 4-month Tuesday Wisdom book Circle we will intentionally cultivate a Wisdom way of knowing through:

- Grounding in the practices of a Wisdom Circle
- Supportive group discussions facilitated by seasoned Wisdom practitioners examining a few chapters a month
- Mindful attentional practices/Inner Tasks
- Meditation
- Body movements and sacred gesture

This Wisdom Practice book Circle is designed for seekers who want to cultivate a deeper connection with the Wisdom tradition which lies at the headwaters of all sacred paths. As we come together in community, seeking inspiration and practices for our awakening, we will leave with a felt sense of our deepening presence and how we can be of service in the world.

**Dates:** Third Tuesday of the month: 8/17, 9/21, 10/19, 11/16

**Times:** Either 10:00 – 11:30am ET, 1:00 – 2:30pm ET, OR 7:00 – 8:30pm ET

**To enroll:** Email: [holly@aared.com](mailto:holly@aared.com) with your selected time slot and “Centering Prayer” in the subject line

**Contribute:** Suggested donation of \$60 to Northeast Wisdom/Wisdom Waypoints, or an amount that is sustainable for you. You may donate online by [following this link \(https://northeastwisdom.org/contribute/\)](https://northeastwisdom.org/contribute/), [click on the yellow “Donate” button](#). Northeast Wisdom activities are supported entirely by donations; if you can ‘pay it forward’ for another person, we are most grateful. Please include in the memo line “Centering Prayer”. Thank you.

**Platform:** Zoom. Earbuds are suggested for clarity of hearing.

About *Centering Prayer and Inner Awakening*:

*“(Bourgeault’s) focus in this book is the contribution she perceives that Centering Prayer can make to the renewal and appropriate adaptation of the Christian contemplative heritage to the circumstances of our time... My special and heartfelt thanks to Cynthia for her monumental contribution to the better understanding of the Centering Prayer practice. (Thomas Keating)*

**Sponsored by Northeast Wisdom/Wisdom Waypoints**