**August 28, 2021**

**Centering Prayer And Inner Awakening**

**Wisdom Practice Day**

Live Zoom

In *Centering Prayer and Inner Awakening,* we delve into both the tradition and method of this contemplative Christian prayer practice. As a group we will learn and practice together.

 *“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.”*  Cynthia Bourgeault (p. xiv)

Our Wisdom Practice Day will be guided by four seasoned facilitators, Jeanine Siler Jones, Heather Ruce, Nan Delach and Susan Latimer. We will intentionally cultivate a Wisdom way of knowing through:

* Grounding in the Practices of a Wisdom Circle
* Instruction and practice of Centering Prayer Meditation
* Body centering and sacred gesture
* Mindful attentional practices/Inner Tasks
* The Welcoming Prayer

This Wisdom Practice Day is designed for anyone wanting to deepen into the experience of prayer and practice. As we come together in community, seeking inspiration and engaging 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.

**To enroll**, email: holly@aared.com (Northeast Wisdom book keeper)

**Date:** Saturday August 28, 2021

**Time:** 10:00 am – 1:00pm ET, (1:00 – 2:00 Break for Lunch) & 2:00 – 4:00pm ET

**Contribute:**Suggested donation range of $30-80 to Northeast Wisdom/Wisdom Waypoints. You may donate online by f[ollowing this link, click on the yellow “Donate” button](https://northeastwisdom.org/contribute/%22%20%5Ct%20%22_blank). 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 “Wisdom Practice Day”. 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**