



Centering Prayer Introductory Workshop

OCTOBER 18, 2025 9:00 a.m. to 1:00 p.m.

Hosted by Corpus Christi Catholic Church

300 N. Tanque Verde Road Tucson, Arizona AZ 85748

Centering Prayer is a method of silent prayer that can serve to prepare one to receive the gifts of God's presence. The method is simple yet profound in its effects. The goal of this workshop is to provide participants with the tools for Centering Prayer and to encourage a daily practice.

The workshop is presented by members of the Contemplative Outreach of Phoenix. Centering Prayer is for anyone seeking a deeper relationship with God. Participants are encouraged to watch six follow up sessions on You Tube after the workshop. The sessions provide support and encourage those who wish to establish a daily practice. A donation of \$20 may be made to Contemplative Outreach of Phoenix for the workshop but is not required for attendance.

To register contact

Sister M. Rachel Torrez at rtorrez@cox.net, or register on line at

[www.contemplativeoutreach-](http://www.contemplativeoutreach-phoenix.org) phoenix.org