



The Center at St. Andrew's,

a ministry of St. Andrew's Episcopal Church, seeks to help

human beings become fully alive as they were created to be and to take their place in the faith community and the human family. The Center offers classes, work-shops, prayer times, occasional coffeehouses, and other special events. All are welcome at The Center. For details, visit St. Andrew's website www.saintandrewsseattle.org. Click on "The Center."



Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the

contemplative dimension of the Gospel in everyday life and united by faithful practice of Centering Prayer and the transformational process it initiates. Interdenominational and international, CO supports over 120 chapters in 39 countries.

Please visit contemplativeoutreach.org for a wealth of information and resources.

Contemplative Outreach Northwest, the Seattle chapter of Contemplative Outreach, serves Western Washington. One of the oldest CO chapters in the country, CONW celebrates its 30th anniversary in the fall of 2017.

Please visit CONW's newly revised and updated website for information on local opportunities. Google Contemplative Outreach Northwest..


The Center at St. Andrew's Episcopal Church
111 NE 80th Street
Seattle, WA 98115

Centering Prayer & the Spiritual Journey



A Yearlong Sequence at The Center at St. Andrew's

St. Andrew's Episcopal Church
111 NE 80th Street, Seattle, WA 98115

"The spiritual journey does not require going anywhere because God is already with us and in us." 

Thomas Keating

About the Year:

This yearlong sequence at The Center at St. Andrew's will feature Thomas Keating's classic "Spiritual Journey" series as well as introductions to three contemplative practices. Please consider this opportunity to delve into the Christian contemplative tradition and to establish and/or deepen your own contemplative practice.

About the Introductory Workshops:



One workshop on a foundational contemplative practice will be held on a Saturday morning in fall, winter, and spring. These brief introductions will help newcomers get their feet wet

and let those who have started a Centering Prayer practice renew their commitment and deepen their understanding and insight into their spiritual journey while also supporting those new to this path. The workshops will be held 9am-1pm in St. Andrew's Library.

Centering Prayer ~ October 7, 2017

Welcoming Prayer ~ January 2018 TBA

Lectio Divina ~ May 2018 TBA

Please see the "Centering at St. Andrew's" trifold brochure for more information about each practice. You may also find more information at contemplativeoutreach.org as well as in many books by Fr. Keating and others.

About the "Spiritual Journey" series:

The granddaddy of Fr. Thomas Keating's teachings, this recorded series includes five parts. The content is classic Fr. Keating with his unique combination of theology, spirituality, and psychology, tradition and contemporary insight, and not least humanity and humor! Many stories familiar to longtime students of Fr. Keating are included. The oeuvre really serves as the campfire

stories of our particular contemplative lineage. Making the effort to come watch them will be well worth it. The 28 segments in the series (depending on how and what you count) are no longer shown often, so take advantage of this chance to deepen your Centering Prayer practice and your relationship with God while also enjoying the company of others on the path.

The showings begin with these topics:

- Intro: Attitudes towards God
- Prayer as Relating to God
- Four Levels of Scriptural Experience
- Toward Resting in God
- Centering Prayer as Method
- Progress in Centering Prayer

The Spiritual Journey series will be shown on 1st and 3rd Mondays in St. Andrew's Resurrection Chapel beginning October 16, and continuing through the program year. Transcript handbooks will be available for purchase.

About Father Thomas Keating:

Fr. Thomas Keating is a founding member and the spiritual guide of Contemplative Outreach. Fr.



Keating is one of the principal architects and teachers of the Christian contemplative prayer movement and, in many ways, Contemplative Outreach is a manifestation of his longtime desire to

contribute to the recovery of the contemplative dimension of Christianity. Fr. Keating is the author of numerous books, including his foundational trilogy, *Open Mind, Open Heart; Invitation to Love;* and *The Mystery of Christ. Open Mind, Open Heart*

is a primer for Centering Prayer. *Invitation to Love* includes many stories on the Spiritual Journey recordings. For more about Fr. Keating, see <http://www.contemplativeoutreach.org/fr-thomas-keating>.

Centering Prayer at The Center

Cherry Haisten, Program Director of The Center at St. Andrew's, is former Contemplative Outreach NW Coordinator and Contemplative Outreach Resource Faculty member. She serves now in CONW's leadership and the CO faculty's Welcoming Prayer service team. A longtime presenter and practitioner of Centering Prayer, Welcoming Prayer, and Lectio Divina, she often presents workshops and retreats here and across the country. She will present these workshops with help of other presenters from CONW. Contact Cherry cherryh@saintandrewsseattle.org.

Sue Kraemer, facilitator of the Spiritual Journey series, has been active in Contemplative Outreach chapters in different communities around the country. A longtime lover of Taizé music, she plays soprano saxophone in St. Andrew's Sunday evening Taizé service. Because the Spiritual Journey series was so powerful for her when she began Centering Prayer in 1999 in Colorado, she would like to share it with others. "I want to watch them again myself," Sue says, "and I would like for people to join me." Contact Sue at smkraemer@gmail.com

Preliminaries: Advance registration and fee of \$40 requested for each Saturday workshop. Pay ahead for all three for \$100. Scholarships available. For the Spiritual Journey series, advance sign-up appreciated

but walk-ins welcome and donations gratefully accepted at the door.