

# Centering Prayer & the Spiritual Journey

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

Thomas Keating

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

The sequence features these components:



Thomas Keating's Classic  
"Spiritual Journey" Series  
1<sup>st</sup> and 3<sup>rd</sup> Mondays, 7:00-8:30pm in St.  
Andrew's Resurrection Chapel  
beginning October 16, & continuing  
through the program year



Brief Saturday Morning  
Introductions to:  
Centering Prayer, October 7, 2017  
Welcoming Prayer, January 2018 TBA  
Lectio Divina, May 2018 TBA  
9am-1pm in St. Andrew's Library

Questions: Contact Sue Kraemer, Spiritual Journey  
facilitator, at [smkraemer@gmail.com](mailto:smkraemer@gmail.com), or Cherry  
Haisten, workshop presenter, at  
[cherryh@saintandrewsseattle.org](mailto:cherryh@saintandrewsseattle.org).

*Preliminaries: Advance sign-up requested for Saturday  
workshops and suggested donation of \$40 at the door or  
whatever you are able to give. For the Spiritual Journey series,  
advance sign-up appreciated but walk-ins welcome and  
donations gratefully accepted at the door.*