

## Contemplative Book Study Resumes Tuesday, February 7

Please join us for a discussion of Cynthia Bourgeault's latest book:  
*The Heart of Centering Prayer.*

Centering Prayer is the path to a wonderful and radical new way of seeing the world. It is not, as is sometimes thought, simply an act of devotional piety, nor is it simply a Christianized form of other meditation methods.

Cynthia Bourgeault cuts through the misconceptions to show that Centering Prayer is in fact a pioneering development with the Christian contemplative tradition. She provides a practical, complete course in the practice and then goes deeper to analyze what actually happens in Centering Prayer: the mind effectively switches to a new operating system that makes possible the perception of nonduality.

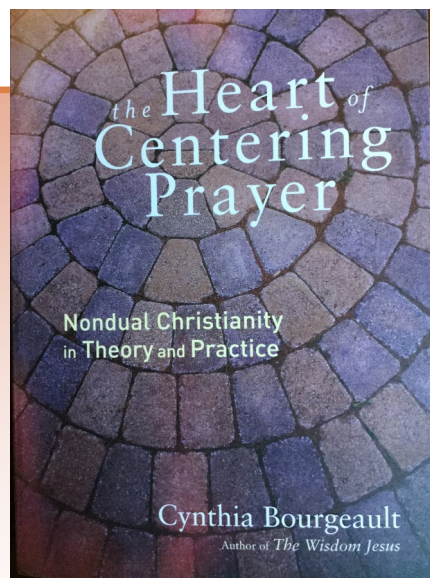
**This is good book for preparing for deepening your Lenten practice. Please join us:**

**Tuesdays, 9:45 am**, immediately following the 9 am Centering Prayer gathering in the church. We meet in the Gowan Library at St. Barnabas. These are the dates and topics:

**February 7** – Part One – A Short Course on Centering Prayer

**March 14** – Part Two – The Way of the Heart

**April 7** – Part Three – The Cloud of Unknowing



The book is available through online sources or your local bookstore can order it for you. One copy will be available through the St. Barnabas Library.