

## **Centering Prayer Workshop Saturday, March 1, 1:00-5:30 p.m., Fellowship Hall**

JPC invites you to an afternoon workshop on Centering Prayer and the ancient practice of *Lectio Divina*. Centering Prayer is a form of Christian contemplative prayer, described by Thomas Merton as “finding one’s deepest center, awakening us in the presence of God.”

This workshop is designed to welcome newcomers as well as those who have been practicing Centering Prayer for years. Frances Jackson, our neighbor and friend from St. John’s Episcopal Church, will lead the workshop, alongside JPC’s Centering Prayer facilitator team.

You can easily register in one of the following ways.

- Fill out the form at this link <https://forms.office.com/r/s3ngbi5FSw>.
- Call the church office at (423) 753-6162. Office hours are Monday, Wednesday, and Thursday, 9 a.m. – 2 p.m.
- Sign up on the sheet in the narthex at church on Sunday.

The deadline for registration is noon on Thursday, February 27.

If you have questions about the workshop or our Centering Prayer services on Sunday evenings, contact Lee Clements, Becky Keeler, Mark McCalman, or Justin Reilly. You also can read more about our weekly Centering Prayer services on the church website [here](#).