

PLACE
STAMP
HERE

Cornell United Methodist Church

P.O. Box 263

Cornell, IL 61319

Directions to Cornell UMC:

From Interstate-55:

- From I-55 North or South, take Exit 201 (Pontiac/Streator).
- Turn onto IL-23 toward Streator.
- Travel on IL-23 13 miles into Cornell.
- Turn RIGHT just before Casey's onto FOURTH Street.
- Travel on Fourth Street and you will come to the Church on the corner of Fourth and Vermillion.

The Church Address is:

501 North Fourth Street
Cornell, IL 61319

CORNELL UNITED METHODIST CHURCH
P.O. Box 263, 501 N. Fourth Street, Cornell, IL 61319

T: (815) 358-2347 cornellumc@gmail.com

W: www.cornellumc.wordpress.com

INTRODUCTION TO CENTERING PRAYER WORKSHOP



LED BY:

Rev. Dr. Jack Swank

HOSTED BY:

Cornell United
Methodist Church

**Sunday, January 23,
2011 2-4pm.**

About Our Presenter:



Rev. Dr. Jack Swank was introduced to Centering Prayer in 2000 during the Academy for Spiritual Formation. As a chaplain with the 7th Special Forces Unit at Ft. Bragg, he taught centering prayer informally both at Ft. Bragg and in Afghanistan. He was commissioned to present introductory workshops and follow-up sessions on behalf of Contemplative Outreach, Ltd. in March, 2009.

Dr. Swank holds a D.Min. in the area of centering prayer from Graduate Theological Foundation. He is an ordained Elder in The United Methodist Church currently serving as the Directing Pastor of Rochester United Methodist Church near Springfield, IL. He is a Benedictine Oblate at St. Benedict's Abbey in Bartonville, IL and is a member of Spiritual Directors International.

What is Centering Prayer?

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, in which we experience God's presence within us; closer than breathing, closer than thinking, closer than consciousness itself. Centering Prayer is rooted in Psalm 46:10, "Be Still, and know that I am God."

This method of prayer is both a relationship with God and discipline to foster that relationship. The source of Centering Prayer, as in all methods leading to contemplative prayer is the indwelling Trinity: Father, Son, and Holy Spirit.

This brief Sunday afternoon workshop will offer the essentials of Centering Prayer. Dr. Swank will instruct you in the simple guidelines and lead two guided sessions of Centering Prayer so that you will have the tools necessary to implement this practice into your own spiritual discipline.

Registration

There is no cost to attend this introductory session. Those who feel led may make a donation to defray the costs associated with the workshop. We do ask that persons register in advance if at all possible so that we have an idea how many to prepare for. Non-registered persons may still attend, but materials may be limited.

To register, simply detach and return this portion of the brochure to CUMC or register online at www.cornellumc.wordpress.com

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Local Church: _____

If you have any questions, please contact Rev. Larry Frank at (815) 358-2347 or pastorlarryfrank@gmail.com