



Meditation Workshop

Sunday, January 26th

10:30 am

KANSA United Church
of Christ

3413 W. Medill Ave.

Chicago, IL 60647

In our brief time together, we will reflect on the role of Centering Prayer and Lectio Divina for spiritual growth. Lectio is the original form of contemplation throughout millennia of monastic practice. Fr. Thomas Keating brought a modern psychological perspective to spiritual growth through Centering Prayer. We will also pray with the gift of divine presence with these practices and open ourselves to the communal presence and action of God, our common source of being.

Alan Krema is a teacher and practitioner of Centering Prayer and contemplative practice. He has served in Contemplative Outreach Chicago in a wide variety of roles. He is a senior student of Cynthia Bourgeault and studied in the Living School of the Center for Action and Contemplation. He is a graduate of the Shalem Institute for group spiritual leadership.