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ST. LOUIS

# Access Your Inner Room with Centering Prayer

Presented by Father Bill Sheehan, OMI



**JULY 14**

5:00 PM – 8:30 PM



**COMMUNITY OF  
CHRIST CHURCH**

830 North Kirkwood Road  
Kirkwood, MO 63122



**CATERED DINNER**  
5:00 – 5:55 PM

**PROGRAM BEGINS  
AT 6:00 PM**

**\$40**

see [centeringprayerstl.org](http://centeringprayerstl.org) to register

Discover the transformative power of Centering Prayer as you learn to access your sacred inner sanctuary. Join us to explore the practice of entering your “inner room,” deepening your relationship with God and discovering greater peace within.

Accessing our inner room and exploring its transformative effects is a profound spiritual practice rooted in the teachings of Jesus. Just prior to his death, Fr. Thomas Keating encouraged us to return to the basics. Early in the development of Centering Prayer, Fr. Thomas placed great emphasis on Matthew 6:6: “*Whenever you pray go to your inner room, close the door and pray to your Father in secret.*”

**This presentation reflects on two practical questions raised by Father Thomas:**

- How do we access our inner room?
- What begins to happen when we enter our inner room?

This evening will explore these questions through teaching, reflection, and a period of Centering Prayer.

**Participants will also be introduced to the Four Consents described by Fr. Thomas Keating:**



Consent to Presence



Consent to  
God's Action Within



Consent to Let Go



Consent to Transformation



Whether you are new to Centering Prayer or have practiced for years, this program offers an opportunity to return to the basics, deepen your contemplative practice, and experience more fully the transformative journey of the inner room.



**EVENT TOPIC:** *Accessing your inner room with Centering Prayer*