

CYNTHIA BOURGEAULT

Visit to Liverpool
UK

4-6 May 2019

Parish of St Luke in the City
Liverpool



Cynthia Bourgeault, PhD, is an Episcopal priest, retreat leader and the author of numerous books. She is internationally renowned for her work and teaching on Centering Prayer, which she describes as ‘a wonderful and radical way of seeing the world’.

Her programme in Liverpool will be as follows:

Saturday 4 May 2019—10.00am to 4.00pm

FROM PERFORMANCE TO GIFT:

Deepening the practice of Centering Prayer

VENUE: St Dunstan’s Church, Earle Road, Liverpool L7 6HD

Cynthia has said that ‘there are too many doing Centering Prayer in their heads, preoccupied with the correct application of “their” sacred word or struggling to achieve a thought-free inner state.....Once the kenotic nature of the prayer is grasped and trusted all this falls away. As “letting go” becomes an embodied gesture rather than a spiritual attitude...Centering Prayer immediately drops out of the head... the practice shifts from something you *perform* to something you *give*”

Cynthia will lead practitioners into a deeper understanding of Centering Prayer and its practice.

Cost: £25 (including lunch and refreshments)

Bookings: <https://bit.ly/2CNE9a7> or search for Cynthia Bourgeault on Eventbrite

Monday 6 May 2019—6.00-8.30pm
ST BRIDE'S PUBLIC THEOLOGY LECTURE:

PUTTING THE MIND INTO THE HEART
Centering Prayer and the Christian Contemplative Tradition
VENUE: St Bride's Church, Percy Street, Liverpool L8 7LT

This talk will explore the practice of Centering Prayer from both a theological and neurological perspective. It will look at how this no-frills method of meditation in the Christian tradition differs from the standard 'entry-level' mindfulness practice with which it is often confused. It will also explore how Centering Prayer sheds new light on that ancient Christian intuition that contemplation is not simply a spiritual pathway or devotional practice but signifies rather the breakthrough to an entirely new level of consciousness—call it “nondual” if you like—characterised by the synchronous entrainment of brain and heart in a unified perceptual field.

The session will include both teaching and practice.

Cost: FREE but contributions to costs will be welcome
(suggested donation in the region of £5)

Booking essential at: <https://bit.ly/2JnoYFW> or search for Cynthia Bourgeault on Eventbrite

OTHER EVENTS

On Sunday 5 May 2019 Cynthia Bourgeault will be preaching at St Bride's Church, Percy Street, Liverpool L8 7LT at 10.00am and also at Evensong at Liverpool Cathedral at 3.00pm