

Do you ever wish for more quiet time to spend in prayer?

Centering Prayer Introductory Workshop

All Saints Episcopal Church
333 Tarpon Drive
Fort Lauderdale 33301
April 18th 2026 8:30-12:00pm



In this workshop, you will learn the ancient method and principles of Centering Prayer in a quiet, reflective and interactive atmosphere. We will cover the history, psychology and theology of the practice. Two prayer sessions with Q & A sessions will be included. All are welcome! Morning refreshments will be served. This workshop is offered at no charge and a free will offering is encouraged to benefit All Saints and Contemplative Outreach of SE Florida.

Please RSVP: Ann Thomas at cosefla@gmail.com or 954-309-3759

Presenter: Ann Thomas has been practicing Centering Prayer for over 10 years and leads a weekly group. She is a commissioned presenter of Contemplative Outreach of SE Florida and a member of All Saints Episcopal. She is excited to share how this prayer has changed her life.