

## Gathering Silence Part Two: More Resources for Prayer

### Online Prayer Resources—

Centering Prayer <https://www.contemplativeoutreach.org/>  
+ phone apps for centering prayer. Lectio Divina, online groups and more

### From Marguerite Judson...More books

Survey/background *Being Christian*, by Rowan Williams, 2014, especially the chapter on Prayer  
*Journey to the Heart: Christian Contemplation through the Centuries, an illustrated guide*, edited by Kim Nataraja, Orbis Books, 2011

The Jesus Prayer *The Way of a Pilgrim* (anonymous) – published in 1881; translated from Russian into English in the 1930s. Multiple translations: Helen Bacovcin, Image Books, 1978 (& *The Pilgrim Continues his Way*); Olga Savin, Shambhala, 1991. There are centuries of writings about this prayer by Eastern Orthodox saints and monastics (especially Greek and Russian Orthodox).

### Online introduction to your own breath prayer (rooted in the Jesus Prayer)

- <https://gravitycenter.com/practice/breath-prayer/>

### Online introductions to your own Centering Prayer

- <https://www.contemplativeoutreach.org/centering-prayer-method/>
- <https://gravitycenter.com/practice/centering-prayer/>
- <https://centeringprayersnowmass.godaddysites.com/retreat-descriptions> for 7-10 day Centering Prayer retreats at St. Benedict's monastery in Snowmass, CO. two year schedule with waiting lists.

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*The Rev. Marguerite Judson*