

Centering Prayer Groups in Northern Virginia

IN-PERSON

(see back side for “ZOOM” groups)

(in order by location)

- Alexandria** **Wednesdays** **6pm-7pm** Facilitator: [Laura Clerici](#) 703-859-6832
[Trinity United Methodist Church](#),
2911 Cameron Mills Rd, Alexandria, VA
Email [church office](#) or call 703-549-5500
- Bristow** **2nd & 4th Tuesdays** **10am-11:30am** Contact: [S. Charlotte Lee, OSB](#) 703-361-0106
[St. Benedict Monastery](#), 9535 Linton Hall Rd., Bristow, VA
These twice-a-month sessions of Centering Prayer + Lectio Divina are offered through (and at) the Benedictine Pastoral Center (same address)
- Fairfax** **1st Wednesday of month** **7pm** Contact: [Judi Hangen](#)
Contemplative Prayer Service
[King of Kings Lutheran Church](#), 4025 Kings Way, Fairfax, VA
- Leesburg** **Monday** **7:00pm-8:30pm** Contact: [Jim Ferry](#) 703-777-1124
[St. James Episcopal Church](#) 8 Cornwall St NW, Leesburg, VA
- Springfield** **Wednesday** **4pm-4:45pm** Contact: [Rebecca Lake](#)
[St. Christopher's Episcopal Church](#), 6320 Hanover Ave, Springfield, VA
Sessions begin with a brief Lectio Divina reading, followed by a 25-minute period of centering prayer. Afterward, we often include a short reading pertinent to contemplative practice.

Newcomers are encouraged to come a few minutes early for an introduction and to answer any questions. Sessions are held in the Education Building Library.
- Vienna** **Friday** **9:30am-10:30am** Contact: [Mary Jane Ross](#)
[Andrew Chapel UMC](#), 1301 Trap Rd, Vienna, VA
Centering Prayer (25min sit) followed by 30min Group Book Reading & Sharing
Newcomers always welcome.

List compiled by [Contemplative Outreach of Northern Virginia \(CONOVA\)](#)

To add a group to this list, please contact us at CONOVA99@gmail.com