



# Old Wine in New Skins : Centering Prayer and Systems Theory

Paul David Lawson

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## Old Wine in New Skins: Centering Prayer and Systems **Theory**

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The Christian churches are currently in a time of great turmoil and transition. Clergy find themselves torn between a large number of different and often conflicting roles within their parishes. Episcopalian priest, Paul David Lawson, explores the depth of the crisis facing individual pastors and the churches as a whole, and shows how Centering Prayer (a daily meditative practice) and an understanding of systems theory (how structures within places work) can help.

By dealing honestly with anxiety individually and within the church community, by coping with conflict constructively and proactively, and by recognizing how organizations deal with unarticulated emotional issues stemming from their members and constituents, conscious practice of Centering Prayer can create a healthy church environment, dynamic and successful leadership within that church, and a revitalized and vibrant community worship.



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