



DAY OF CALMING SILENCE

CENTERING PRAYER DAY OF RETREAT

Join us for a day of deep silence in community. Since October is often seen as the gap month between “back to school” and the holiday season, our day will allow you the time and space to deepen your relationship with God and to consider the place of Centering Prayer in your daily life. We will allow silence to descend on us this day, to enter the cloud, giving our full consent to the work of the Holy Spirit within us.

Several extended sessions of centering prayer will be held throughout the day, together with time for solitude, walking the beautiful grounds and labyrinth, and reflection. There will be optional sessions of Lectio Divina and group sharing about how silent prayer has shaped our spiritual journey.

NEW TO CENTERING PRAYER?

We will provide a short introduction to the Centering Prayer practice to all newcomers.

Saturday, October 27, 2018

(9:00am to 3:30pm)

Cost: \$35.00 (*includes lunch*)

sponsored by

**CONTEMPLATIVE OUTREACH
OF SACRAMENTO/STOCKTON
AREA (COSSA)**

Contemplative Outreach annually serves over 40,000 people; supports over 120 active contemplative chapters in 39 countries; supports over 800 prayer groups; teaches over 15,000 people the practice of Centering Prayer and other contemplative practices through locally-hosted workshops; and provides training and resources to local chapters and volunteers.

REGISTRATION FORM

Centering Prayer
October 27, 2018

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

___ Visa ___ Mastercard ___ Amex Exp. Date _____ CID _____



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or register online at www.mercycenter.org