



CENTERING PRAYER

DAY OF SILENCE AND PRAYER

Contemplative Outreach of Sacramento/Stockton Area (COSSA), along with Mercy Center Auburn, invites you to a day of silence, prayer, and reflection.

This day of silence will focus on part two of the recorded joint workshop, *Contemplative Vision: Awakening Truth, Beauty, and Goodness*, given by Frs. Rohr and Keating. In addition to watching two sessions of this workshop, there will be several Centering Prayer sits, and a time for inner reflection. We will end the day with a time for reflective sharing as a group. Our day of prayer, contemplation, and peace will allow for a deeper journey into the healing silence of God.

Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers each of us a way to be open to God. By taking time to "rest in God" each day, we open our awareness to the gift of God's "constant and persevering" presence.

NEW TO CENTERING PRAYER?

We will provide a short introduction to the Centering Prayer practice to all newcomers. Newcomers are encouraged to attend the Centering Prayer Introductory Series starting Sunday, October 1, 1:00 to 5:00 p.m. at Mercy Auburn.

Saturday, October 14, 2017
(9:00am to 3:30pm)

Cost: \$35.00 (includes lunch)

(non-refundable payment due with registration)

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 14, 2018

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

\$35 (includes lunch) Visa MC Exp _____



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019
or register online at www.mercycenter.org