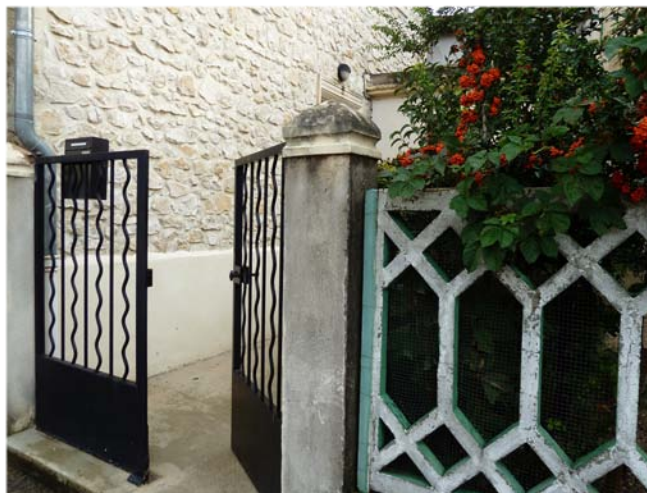


An offering of the Mercy Center
Centering Prayer Program

Embracing Life: A Welcoming Prayer Intensive

August 29 – September 1, 2018
Begins Wednesday at 6:00 p.m. and
Concludes Saturday 9:00 a.m.
\$360/\$300 Commuter



*"To welcome and to let go is one of the most
radically loving, faith-filled gestures we can make
in each moment of each day.*

It is an open-hearted embrace of all that is in ourselves and in the world."

Mary Mrozowski, creator of the Welcoming Prayer

The Welcoming Prayer is a method of welcoming and letting go of thoughts and feelings that support the false-self system. It provides a method to dismantle the emotional programs for happiness that lead us away from God. An established practice of the Welcoming Prayer can help us to live our intention to consent to God's presence and action within and around us. It can free us to embrace life present moment by present moment.

This weekend retreat provides an in-depth introduction, review, and immersion into the Welcoming Prayer. The retreat is not completely silent but alternates brief periods of silence with intensive study and practice of the Welcoming Prayer.

Cherry Haisten serves on the Contemplative Outreach national team for the Welcoming Prayer, travels around the country to lead workshops as a part of Contemplative Outreach's Living Flame program, and facilitates various contemplative retreats. Cherry is program director of The Center at St. Andrew's, a healing and lifelong learning ministry of St. Andrew's Episcopal Church, Seattle, where she also serves as a Eucharistic minister, healing minister, and licensed lay preacher.



**Please register at www.mercy-center.org or telephone 650-340-7454
Registration closes August 22, 2018**



MERCY CENTER
Conferences, Retreats & Spiritual Programs

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