



DAY OF SILENCE AND PRAYER

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 open our hearts to God.

Contemplative Outreach of Sacramento and Surrounding Areas (COSSA), along with Mercy Center invite you to a day of centering prayer, silence, reflection, and rest.

The retreat will break into two groups (listed below). You will have a choice of attending either an introductory teaching session or going deeper into the silence with additional centering prayer sits. During the afternoon, both groups will join for a shared time of centering prayer and lectio divina.

*Please indicate when registering in which group you would like to participate. *SPECIAL NOTE: For the comfort of all, please don't wear perfumes, colognes, or other scents.*

Group 1 Introduction to Centering Prayer

If you are new to this practice or if you have never had a chance to get a formal introduction, this session will cover the basics of the Centering Prayer method.

Group 2 Deepening the Practice

This group is designed for those that have experience with Centering Prayer. There will be (2) 30-minute sits in the morning, including a DVD relevant to the Spiritual Journey.

Saturday, October 24, 2020

9:00am to 4:00pm

Cost: \$35.00 (includes lunch)

(non-refundable payment due with registration)

Registrants will be adhering to the following COVID-19 prevention practices.

- Physical distancing
- Use of face coverings
- Frequent hand-washing & use of disinfectant stations
- Attendance is limited to 20 participants, so please register soon.

COSSA is offering a ZOOM training on September 19, from 10:00am to noon to explain the Mercy Center guidelines for gathering in person and allow participants to pray and share together.

Come find rest and encouragement during this ever-unfolding time of pandemic. Rest in God's love.



*Sponsored by
Contemplative Outreach*

REGISTRATION FORM—Centering Prayer - October 24, 2020

CHOOSE GROUP: Group 1 Group 2

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