



# DAY OF REFLECTION & RENEWAL

Join us for a day of deep silence in community. As Spring is often regarded as a time of reflection and renewal, 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, April 21, 2018**

(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**

**April 21, 2018**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card \_\_\_\_\_

Please check here if you are new to Centering Prayer

\$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](http://www.mercycenter.org)