

*Be still and know that I am God.
—Psalm 46:10.*

Centering Prayer

DAY OF SILENCE AND PRAYER

Contemplative Outreach of Sacramento/Stockton and surrounding areas (COSSA), along with Mercy Center invite you to a day of silence, centering prayer, and reflection.

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.

During the morning, we will break into two groups (*listed below*). You will have a choice of attending either an introductory teaching session or a silent centering prayer and lectio divina session. In the afternoon everyone will come together as one group to watch a DVD and practice centering prayer. We will end our day with a time of reflective sharing.

Please indicate when registering in which morning group you would like to participate

Morning 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.

Morning Group 2 Centering Prayer & Lectio Divina

This group is appropriate for those who have an understanding of centering prayer. It will include two (30) minute centering prayer sits and lectio divina.

Saturday, October 19, 2019

9:00am to 4:00pm

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 19, 2019

Name: _____

Phone: _____

Address: _____

City/Zip: _____

Email: _____

Credit Card _____

Morning Group 1 Morning Group 2

\$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