



# 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 and include brief teaching relevant to the Spiritual Journey (DVD or handouts).

## Saturday, October 24, 2020

9:00am to 4:00pm

Cost: \$35.00 (includes lunch)  
(non-refundable payment due with registration)

“Contemplative Prayer is the world in which God can do anything. To move into that realm is the greatest adventure. It is to be open to the Infinite and hence to infinite possibilities. Our private, self-made worlds come to an end; a new world appears within and around us and the impossible becomes an everyday experience.”

Open Mind, Open Heart - Thomas Keating



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 \_\_\_\_\_



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or register online at [www.mercycenter.org](http://www.mercycenter.org)