



# Centering Prayer Retreat Day

**Saturday, August 6**

**10:00 a.m. - 3:00 p.m.**

**Journey Center, Santa Rosa**

Do you long for the space to experience an extended time of quiet, and a chance to center more extensively with a group?

This retreat day will offer silence, a variety of contemplative prayer practices, such as a prayer walk, lectio divina and journaling, as well as several centering prayer sits.

Wear comfortable clothing, and bring a bag lunch. There will be an option for each participant to choose a silent or conversational lunch period. Drinks and snacks will be provided.

Facilitated by Ruah Bull. Register on our website ([www.journeycenter.org](http://www.journeycenter.org)) or by calling the Journey Center at 578-2121.

Cost: \$25 donation per person.

Note: Ruah is offering an "Introduction to Centering Prayer" Workshop on Saturday, July 30 from 1:00-5:00 p.m. This workshop is not required for the retreat day, but gives a nice foundation.