



The Depth Of Welcoming Prayer

Deepening your relationship with God in Everyday life

January 27-29, 2012

SAN DAMIANO RETREAT
DANVILLE • CALIFORNIA

The foundation for living contemplatively is Centering Prayer or another meditative practice that grounds and centers us in our relationship with God. But what about all those hours of the day outside the time we sit in prayer? How do we extend our consent to God's presence and action in our lives in the midst of the obstacles, demands, challenges-and even joys-of daily life?

"The Welcoming Prayer seems to be a simple practice, but there is much more to it," says Retreats Director Cherry Haisten. "The teaching involves background on the false self system and dismantling the emotional programs of the energy centers. It is rich stuff and plenty for a weekend and a lifetime! It is a powerful practice for daily life and a powerful way to extend the fruits of Centering Prayer into the other 23 hours of the day.



The Contemplative Outreach website has information on Contemplative Prayer and Welcoming Prayer. Click on Contemplative Practices, <http://www.contemplativeoutreach.org>

Retreat begins on Friday with registration from 4:00 pm - 6:30 pm, social 6:00 pm, dinner at 7:00 pm and concludes on Sunday with lunch.

The Welcoming Prayer is a powerful practice that aids in keeping our hearts and minds open to the movement of the Spirit in our lives. It is a potent ally in dismantling the false self, challenging us to let go of attachments and illusions, giving us access to the wisdom of our bodies, holding us to the present moment, and making room for the light of Christ to expand within us. Come spend a weekend learning and practicing this transformative prayer that you can carry into the hours and minutes of each day to bring hospitality to the people and events you encounter in ordinary life.

Retreat Director Cherry Haisten is program director of The Center at St. Andrew's, a healing and lifelong learning ministry of St. Andrew's Episcopal Church, Seattle. A longtime commissioned presenter of workshops on Centering Prayer and Welcoming Prayer, she is former Welcoming Prayer Service Team leader. She has served in leadership of Contemplative Outreach Northwest since 1996 and has a master's degree in transforming spirituality.



San Damiano Retreat Reservation Form

TO MAKE A RESERVATION please send this form & a \$50 deposit per person to:

San Damiano Retreat
Reservation
P O Box 767
Danville, CA 94526-0767

Register on line!
www.sandamiano.org

Deposits are non-refundable, but transferable to a future retreat (within one year) providing cancellation is received at least 7 days prior to the retreat.

Phone: (925) 837-9141
Fax: (925) 837-0522

WELCOMING PRAYER WEEKEND RETREAT • JANUARY 27-29, 2012

Name(s): _____ Phone: () _____

Address: _____
Street City State Zip+4

E-mail: _____ Emergency Contact: _____ Phone: _____

Special Needs: _____ All Rooms are Non-Smoking

Room Preference: Private (\$225) Double (\$195) Shared With: _____

Dollar amounts for each retreat noted above are donations for "Private Room/Double Occupancy."

Credit Card #: _____ Exp. Date: _____ Charge All Deposit Only

Name on Credit Card: _____ Signature: _____