

Centering Prayer as Daily Pilgrimage

Mary Wyman, Speaker

Saturday, April 6, 2013

9:00-3:30

Contemplative Outreach of Sacramento/Stockton Areas is hosting a **Day of Prayer** with a special guest speaker, Mary Wyman, long-time centering prayer practitioner, former Coordinator of Contemplative Outreach of Northern California, and author of *Grandma's on the Camino*.

In 2010, Mary made a significant 500-mile walking pilgrimage alone and at age 70, from southern France, across the Pyrenees to Pamplona, then westward across northern Spain on the ancient paths and trails of the Camino to Santiago de Compostela—the spiritual site where the remains of Saint James, the Apostle of Christ, are buried.

Centering Prayer was Mary's daily practice during the 48-day walk, and she will weave her experiences as a pilgrim seeking the sacred on the Camino into our silence and centering prayer sits. Each time people sit in Centering Prayer, Mary suggests, they are in fact, on a daily journey to seek, commune and rest with God. Come and join like-minded pilgrims to explore more about Centering Prayer as personal pilgrimage.

***Grandma's on the Camino* will be available for purchase \$20 (cash or check). Mary Wyman will answer questions during the social time and be happy to sign copies of the book.**

This day of silence, prayer and enrichment will include several sessions of Centering Prayer, talks by Mary Wyman and reflective sharing.

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 us a way to be open to God. By taking time to "rest in God" each day, we open our awareness to the gift of God's presence.

All are invited to the day of prayer. Brief and separate instruction will be provided for beginners and those who desire it.

REGISTRATION: CENTERING PRAYER AS DAILY PILGRIMAGE

SPEAKER: Mary Wyman

BEGINS: Saturday, April 6, 2013 (9:00am to 3:30pm)

COST: \$35 (includes lunch and refreshments)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

_____ Visa _____ Mastercard Exp. Date _____



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