

# Centering Prayer as Daily Pilgrimage



In the final presentation of MHR's 2013 Contemplative Enrichment Series, join us to explore more about Centering Prayer as daily personal pilgrimage. The presentation includes periods of meditative sits with discussion of interreligious pilgrimages made around the world and their unifying effects of both exterior and interior journeys.

Saturday, May 11, 2013

10:00 AM - 1:00 PM Ellard Hall

(Registration begins @ 9:30 AM with coffee & refreshments)



Presented by **Mary O'Hara Wyman**, a former coordinator of the Contemplative Outreach of Northern California, has been a member of Centering Prayer at MHR for 20 years. In 2010, Mary walked every single step of the 500 mile Camino from France across the Pyrenees to Spain then westward to the spiritual site of Santiago de Compostela. As she relates in her published book, ***Grandma's on the Camino***, Centering Prayer was her daily practice grounding her on the arduous 48-day walking pilgrimage.



Everyone is welcome at our inclusive community.  
Free-will donation (No one turned away for lack of funds)  
Off-street parking is available.

For information or to register e-mail us at:  
[centering@mhr.org](mailto:centering@mhr.org)  
or contact Sr. Cathy Cahur, SC (415) 553-8776



God's inclusive love proclaimed here!

**Most Holy Redeemer Catholic Church**

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