

Thomas Keating: A Rising Tide of Silence

Nov 23, 2014, 1-4:30 pm
Ruah Bull and Catherine Regan
\$20



Please join us for an afternoon of Centering Prayer, community, and a wonderful documentary of the life of Thomas Keating, founder of Centering Prayer.

The Spirit has been at work in our world for the past 40 years in a special way – to reawaken us to the contemplative dimension of prayer and life. The emergence of Centering Prayer as a practice that helps us reclaim this deep treasure of the Christian Tradition has been a vital part of that reawakening. The life story of Thomas Keating, founder of the Centering Prayer movement is beautifully told in the film, *Thomas Keating: A Rising Tide of Silence*. It invites reflection on the way the Spirit works – not only in a remarkable man like Keating, but also in every one of us when we consent to the presence and action of the Great Mystery within us and in our world.

With gratitude our own commitment to our practice will be nurtured.

Ruah Bull is a Spiritual Director in Petaluma, CA who specializes in supporting people on the contemplative journey. She also coordinates programs and retreats for contemplatives through The Journey Center in Santa Rosa. Ruah has been practicing Centering Prayer since 2001, and it is the foundation of her own spiritual path.

Catherine Regan, Ph.D. is a spiritual director, clinical psychologist, and Centering Prayer coordinator at Mercy Center. She is committed to the renewal of contemplative practices and the benefits of these practices in our individual and collective lives at this time in our world.

To register for this program, please call 650-340-7454 or go to our website at www.mercy-center.org to register online.

