



“One God and Father of all, who is over all and through all and in all.”

—Ephesians 4:6 (NAB)

GOD IS ALL IN ALL

CENTERING PRAYER DAY OF RETREAT

“Think of God in a very big way. And if you do, that’s too small! You can’t think of anything more wonderful than this God. And you can’t figure out anything about God without a special grace. ... God is so marvelously good, there is no word for it. So gentle. So considerate. So kind, so tender – so everything marvelous. That is God. And whatever you say is far less than it is. As Paul says ‘It hasn’t crossed the imagination of any human being what God has prepared for those who love him.’” -Fr. Thomas Keating

Join us for a day of silence, rest, and renewal. During our retreat day we will be exploring with Father Keating the evolution of the contemplative Christian spiritual journey, including:

- the vastness of God as a marvelous infinite Mystery;
- the three stages of the transformational spiritual journey from the perspective of our humanness; and
- hope and encouragement for those on the journey;

There will be time for group reflective sharing along with several centering prayer sits throughout the day.

NEW TO CENTERING PRAYER?

We will provide in-depth instruction and practice to all newcomers. These opportunities will help to fully acquaint you with this richly rewarding connection to God.

Saturday, February 27, 2016

(9:00am to 3:30pm)

Cost: \$35.00 (includes lunch)

sponsored by

CONTEMPLATIVE OUTREACH OF SACRAMENTO/STOCKTON AREA (COSSA)

Contemplative Outreach annually serves over 40,000 people; supports over 120 active contemplative chapters in 39 countries; supports over 800 prayer groups; teaches over 15,000 people the practice of Centering Prayer and other contemplative practices through locally-hosted workshops; and provides training and resources to local chapters and volunteers.

REGISTRATION FORM

Centering Prayer

February 27, 2016

Name: _____

Phone: _____

Address: _____

City/Zip: _____

Email: _____

Credit Card _____

\$35 (includes lunch) Visa MC



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