

“Contemplative prayer is a process of interior transformation, a conversation initiated by God and leading, if we consent, to divine union. One’s way of seeing reality changes in this process. A restructuring of consciousness takes place which empowers one to perceive, relate and respond with increasing sensitivity to the divine presence in, through, and beyond everything that exists.”

-Fr. Thomas Keating, Open Mind, Open Heart



CENTERING PRAYER

DAY OF SILENCE AND PRAYER

Contemplative Outreach of Sacramento/Stockton Area (COSSA), along with Mercy Center Auburn, invites you to a day of silence, prayer, and reflection.

This day of silence will include several sessions of Centering Prayer, Lectio Divina, and teachings of Fr. Thomas Keating, followed by reflective sharing. This day of prayer will allow for a deeper journey into the healing silence of God.

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 each of 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 “constant and persevering” presence.

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, June 25, 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
June 25, 2016

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

\$35 *(includes lunch)* ___ Visa ___ MC Exp _____



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019

or register online at www.mercycenter.org