



1984~2018

CONTEMPLATIVE
OUTREACH®

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

UNITED IN PRAYER DAY

Saturday, March 17, 2018

9:30-3:30 p.m.

All Saints Episcopal Church

2076 Sutterville Rd, Sacramento, CA

"The purpose of silence is to give an opportunity for the longing for God to break through the crust of the false self and our defense mechanisms, so that we can be motivated by hunger and love to pursue the transformative process untiringly." **Thomas Keating**

We will join with centering prayer practitioners from around the world for Contemplative Outreach's annual day of centering prayer, enrichment, and gratitude. Connect with practitioners from our many centering prayer groups for a time of encouragement and community building.

- Centering Prayer sits
- DVD - *Human Evolution* (Thomas Keating)
- Small group reflection
- Qigong (contemplative movement)
- Envisioning our chapter's future

Freewill donation (\$10-\$20 suggested)

Please bring a bag lunch; coffee/tea and snacks will be provided.

To register or for information:

Please contact Janice Boyd: jboydcp@gmail.com or (916) 370-8602

Sponsored by COSSA (Contemplative Outreach - Sacramento/Stockton & surrounding areas)