



Centering Prayer –Silent Afternoon

Sunday, 2-5 p.m.

March 8 • June 14 • Sept. 13 • Dec. 13

Bread of Life, 1260 Fulton Ave, Ste A, Sacramento, CA

As we begin a new decade and move through the new year 2020 – let's join together for a sacred time of centering prayer and silence. The retreats are offered quarterly to allow a "time apart" to open to the gifts of the seasons of the year: spring, summer, autumn, and winter.

Our retreat will include centering prayer, lectio divina, solitude, sacred sharing. We will open our hearts to God's Presence and action within.

\$15 suggested donation. Recommended: some prior experience/comfort with centering prayer or meditation – there will be 3 centering prayer sits.

(space is limited to 15 people)

To register or for more information,
please contact Janice Boyd,
(916) 370-8602 or jboydcp@gmail.com



Contemplative Outreach
Sacramento & Surrounding Areas

Be still and know that I am God"