

An offering of the Mercy Center
Centering Prayer Program

Healing and Transformation on the Contemplative Path

November 13-15, 2020
Begins Friday at 10:00 a.m. and
Concludes Sunday at 1 p.m.

\$225 (Scholarship funds available on request)

When we take our first loving step towards God on the contemplative path we may or may not realize that we are crossing a threshold into a new transformative way of living – one which requires us to let go of our illusions about ourselves and in humility embrace the truth of who we are, an identity yet to be discovered. This transformative process becomes a means of healing life's traumas and our unconscious motivations thus bringing us into a deeper awareness of our true nature and expanding our perception and understanding of humanity and our place in the universe.

Please join us for a weekend – with God, and with a praying community– to deepen our consent to this transformation.

How will the virtual retreat work?

The flexible schedule is designed to integrate prayer with your daily life, in your home, and in your circumstances as they are. Teaching sessions will include experiential, participatory, and embodied exercises to draw us in more deeply into the healing, contemplative space. Breaks will be provided to help integrate the retreat with your life, as it is.

Program Features

- **Live Online Centering Prayer Sessions** – Join via Zoom at scheduled times, or practice on your own at those same scheduled times, or as your life permits.
- **Live Online Teaching Sessions** – Join us live via Zoom or view recordings at a later time.



- **Live Online Small Groups** – for experiential processing (not recorded).

We hope that you will choose as much or as little of it as fits in your life, on any given day. Let the rest go. Be met, exactly where you are, trusting that God's love surrounds all of it, all of us, exactly as we are.

Rev. Amber Sturgess is an Episcopal Priest, spiritual director, and a seeker on the contemplative path. She enjoys teaching contemplative practices that deepen our spiritual awareness. Amber currently serves as Rector of All Saints' Episcopal Church in Carmel.

Catherine Regan, Ph.D. is a spiritual director, retired psychologist, and adjunct staff member at Mercy Center, primarily serving on the Centering Prayer team. She has a special interest in participating in the reclamation of the Christian Wisdom tradition and fostering the contemplative practices so urgently needed at this time in our world.

Joy Andrews Hayter, Ph.D. is a spiritual director, and Centering Prayer coordinator at Mercy Center. Joy is dedicated to fostering contemplative practices such as Centering Prayer and others within the Christian Wisdom tradition that help us become aware of God's ever-present love. As a scientist (and dancer, writer, and hiker) she sees in the physical world an expression of that love.

**Please register at www.mercy-center.org or telephone 650-340-7474
Registration closes November 12, 2020**

