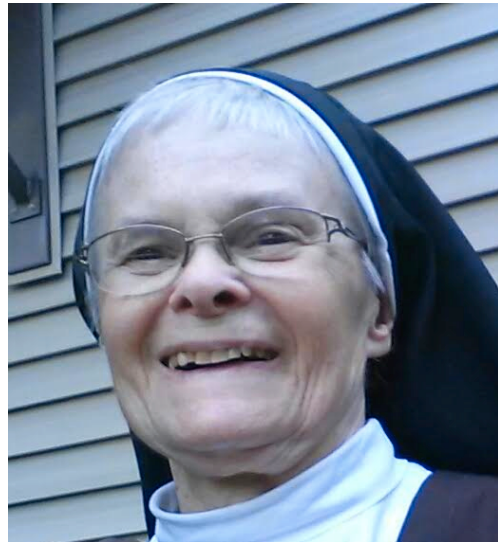


CHURCH OF THE GOOD SHEPHERD, ROSEMONT, PA

The Church of the Good Shepherd, 1116 Lancaster Avenue (Lancaster at Montrose Ave.), Rosemont/Bryn Mawr, PA, announces a Lenten course:

Prayer and Meditation Series at the Church of the Good Shepherd, Rosemont

Taught by Heidi Scheer, Stevens Heckscher, Obl.OSB, with Sister Teresa Irene, OCD, and Sister Barbara, OCD.



Do you wish you could really pray and converse with God, but have never known how?

Do you see others praying but have no real idea what it is they are doing?



Do you feel that God is impossibly distant, but wish you could reach Him?

Contemplative prayer, often called *meditation*, is a way to come close to God that has stood the test of two thousand years of Christian experience.

Contemplative Prayer as understood in the ever ancient and ever new Christian Tradition, is a simple way of listening to God and coming to know Him.

During Lent 2017, the Church of the Good Shepherd in Rosemont (Bryn Mawr), PA, is offering a series of weekly classes designed **for beginners, and also for more experienced persons**, to deepen their relationships with God through contemplative prayer and meditation. This course will be taught by two highly experienced teachers of prayer and meditation: Heidi Scheer and Benedictine Oblate Stevens Heckscher, with opening and concluding workshops led by Carmelite Sisters Teresa Irene and Barbara of the Episcopal Carmel of St. Teresa.

Here is the format planned for this series:

- ***Saturday, March 4, 2017, from 10 AM to 1 PM, ending with Holy Eucharist:***
Workshop, an invitation to contemplative prayer, to be led by two Sisters of the Episcopal Carmel of St. Teresa in Rising Sun, MD, Sister Teresa Irene, OCD, and Sister Barbara, OCD.
- ***Subsequent Tuesdays, March 7, 14, 21, and 28, and April 4, 2017; from 7 to 8:30 PM, led by Heidi Scheer and Stevens Heckscher:*** The following subjects will be covered, with instruction and actual practice:
 1. March 7: Taizé Prayer with chants used by the Taizé monastery in France. Heidi Scheer.
 2. March 14: Systematic exercises to deepen meditation and prayer. Heidi Scheer.
 3. March 21: Lectio Divina: Using the Bible in prayer. Stevens Heckscher.
 4. March 28: Centering Prayer. Stevens Heckscher and Heidi Scheer.
 5. April 4: The Jesus Prayer. Stevens Heckscher.
- ***Saturday, April 8, 2017, from 10 AM to 1 PM, ending with Holy Eucharist:***
Concluding workshop provided by the Sisters Teresa Irene and Barbara: Wrapping it all up.

All sessions will be held at the Church of the Good Shepherd, and are FREE and open to all. If you cannot attend the earlier sessions, you will still benefit from attending the later ones. Know that you will be welcome to any and all!

ABOUT THE LEADERS:

Stevens Heckscher holds a doctorate in mathematics from Harvard University, has taught science at Rutgers University, Swarthmore College, and the University of Pennsylvania. He is a graduate of the two-year Spiritual Guidance Program of the Shalem Institute for Spiritual Formation in Washington, DC, and is an experienced Spiritual Director. He is an Oblate of St. Gregory's Abbey, an Episcopal Benedictine monastery in Three Rivers, Michigan, and is currently completing a biography of the modern English mystic Dorothy Kerin.

Heidi Scheer has stayed at the monastery of Taizé, France, while its Prior, Frère Roger Schütz, was still living. In addition to this, she has attended many Taizé Prayer meetings in local churches in Europe and in the United States. Heidi Scheer has received intensive training in monasteries and retreat centers since 1999. She possesses extensive knowledge in practice and teaching of different styles of meditation, including Vipassana (mindfulness), Jhana (deep concentration), and Yoga Nidra (body scan, mantra, and visualization). Over the course of several years, she was also taught the method of Centering Prayer. In recent years, Heidi Scheer has led small and larger groups in Meditation, in Yoga, and in Healing.

Sister Teresa Irene OCD is a nun of Episcopal Carmel of Saint Teresa. She is a Registered Nurse, having graduated from Miami University of Ohio and Virginia Commonwealth University. She studied Pastoral Ministry at Saint Thomas University and completed the Education for Ministry course from the University of the South in Sewanee, Tennessee. She is a graduate of the Spiritual Guidance Program of the Shalem Institute and is an experienced Spiritual Director. She spent several years testing her call to life as a contemplative nun with the Sisters of the Love of God in Oxford, England. She is a lifelong Episcopalian.

Sister Barbara OCD is a nun of Episcopal Carmel of Saint Teresa. She is a former member of the Episcopal Order of Saint Anne and has been an Episcopal Priest for almost 28 years. She served parishes in Utah and Alaska before fulfilling a lifelong dream of becoming a Carmelite. She joined the Anglican Church of Canada as a teenager, graduated from the University of British Columbia, and later, from the Vancouver School of Theology. She currently serves as Vocations Director for Carmel and teaches about Contemplative Prayer.