

The Contemplative Heart: A New Awareness

Saturday July 20, 2019



Led by COMW Leadership Team Member Marjorie Centofanti

[Contact Marjorie](#)

Contemplative Outreach of Maryland and Washington (COMW)

9:00 am - 1:00pm

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[St. Stephen's Episcopal Church](#)

1110 St. Stephen's Church Road

Crownsville, MD 21032*

Coffee & refreshments available at 8:30am

Books available for sale - cash or check only

The purpose of these half-day retreats is to deepen our awareness of God's transforming presence in our lives.

The heart is God's servant, wrote St. Francis. That's easy to understand at, say, a Hallmark card level. But a heightened awareness of mind and the heart, itself, can bring a true and transforming insight: God recruits our human heart for divine purposes.

This half-day retreat explores how contemplative seekers Henri Nouwen and others came to know "heart" as an ever-available divine gift. Cynthia Bourgeault and Kabir Helminski's writings explain the Middle-Eastern tradition that sees the heart as a mystical, two-way *instrument of divine perception* between us and God.

July's retreat includes two 30-minute periods of centering prayer, with breaks, then a talk on the heart's role in enriching our contemplative journeys. A third, shorter centering session begins with a seated, heart-centered body prayer. There will be time for questions and a lively discussion.