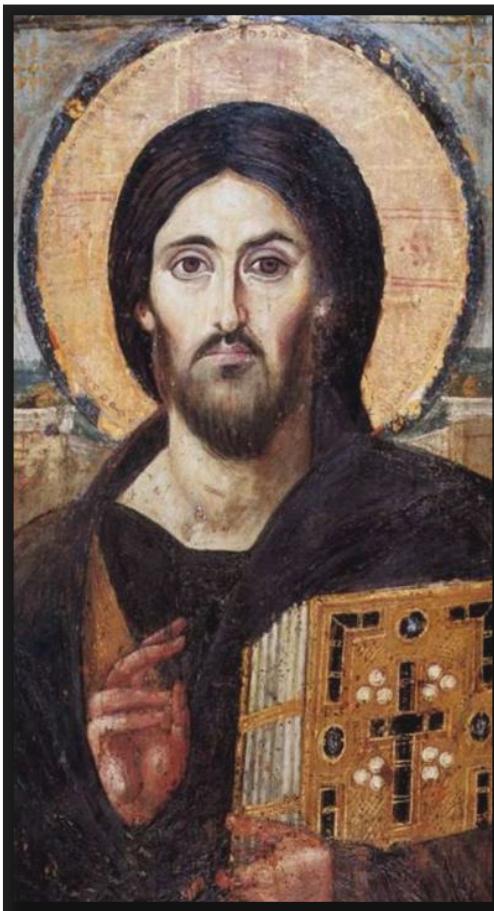


# The Jesus Prayer / Prayer of the Heart

## Half Day Retreat // Saturday August 17, 2019

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



**Led by COMW Leadership Team Member David Morgan**

[\*\*Contact David\*\*](#)

**Contemplative Outreach of Maryland and Washington ([COMW](#))**

9:00 am - 1:00 pm

Saturday August 17, 2019

[Franciscan Monastery of the Holy Land in America](#)

1400 Quincy St NE  
Francis Conference Room  
Washington, DC 20017

The August 17 retreat will explore the spiritual practices of early Christianity, the Desert Fathers and the Christian Saints of the East. Specifically, we will look into the origins of contemplative and meditative prayer and its evolution in Eastern Christianity. We will explore the practical use of the "Jesus Prayer" and how it, along with other practices and God's grace, can lead to the Prayer of the Heart.

The morning will include three 30 minute periods of centering prayer and an interactive discussion. For more information and details, [click here](#).