



The Contemplative Experience of Jesus: *Lenten Half Day Prayer Retreat*

Saturday March 21 2020

9:00 a.m. ~ 1:00 p.m.

St Columba's/Room 212

**Co-sponsored by [St Columba's](#) Centering Prayer Groups and
Contemplative Outreach of Maryland and Washington ([COMW](#))**

"What is the essence of the message that the Christian contemplative tradition seeks to impart? It is the experience Jesus had of the Father (Ultimate Reality) as Abba." - Father Thomas Keating

In this second installment of a 3-part series, we will continue to reflect on the Gospel as sharing in Jesus' experience of God and what that means for contemplative living today. Aware of the oppressive realities of the Roman Empire and the egoic use of religion, we will explore the spiritual awakening stories known as 'the parables'.

The morning will include three 30 minute periods of Centering Prayer and a presentation with interactive discussion by LJ Milone, COMW Leadership Team member and Coordinator of Adult & Children's Faith Formation, St John the Baptist, Silver Spring, MD.

Instruction will be provided for those new to Centering Prayer. All are Welcome

No Pre-registration Required ~ Suggested \$20 Goodwill Offering

Light Refreshments Served ~ Books Available for Sale (cash or check only)