

Centering Prayer Retreat Day

Saturday
September 26th
9:30am - 3:00pm

St. Michael's Episcopal Church
2140 Mission Ave, Carmichael CA

\$25 suggested donation
(scholarships available)



The Sacramento Area Chapter of Contemplative Outreach invites you to a day of quiet and renewal. We will practice centering prayer and lectio divina. There will be some teaching, community sharing, visioning. Join with centering prayer practitioners from our geographical area and receive support and encouragement. Walk the outside labyrinth during lunch break. Brief instruction in the method of centering prayer will be offered.

All are welcome

Registration: email Chuck or Janice at centercossa@gmail.com

Please bring a bag lunch. Coffee/tea snacks will be provided.

Donations will be received at the retreat (check or cash only)



Contemplative
Outreach

Sacramento & Surrounding Areas

"Be still and know that I am God"

Psalms 46:10