

**Centering Prayer Lenten Emphasis on  
Silence & Solitude: Wherein Wisdom Dwells  
Wednesday February 21 through March 28**

For the past few years, the Centering Prayer ministry at All Saints, has used Lent as an opportunity to deepen a Christian contemplative practice. For example, in the past two years, we worked to incorporate the Welcoming Prayer and the Forgiveness Prayer into our daily lives. We discovered that applying the commitment of Lent to such practices enriched our lives as they have enriched lives of many Christians for centuries.

This year, we will seek to deepen our spiritual journey by studying the contemplative practices of Silence and Solitude. What is silence? Where is solitude? What would prompt modern people to do such a thing? We will explore these, and other questions as we study Thomas Keating's 97 page booklet, *Silence and Solitude: Wherein Wisdom Dwells*.

Our journey these 40 days will take us through dimensions of silence and solitude – from the outer margins to the profound inmost levels. This study will feature *Centering Prayer* and *Lectio Divina* prominently in the practices of this 40-day Lenten period. The booklet includes beautiful images, brief inspirational readings and a suggested daily practice. Other sections of the study will include prayer in secret; dimensions of silence; places of solitude; thoughts in solitude; and a "Day of Silence and Solitude," your own one-day retreat at home. Please join us.

We will **begin at 6:00 p.m. in the Church Chapel**, where we come together as a community to experience God's peaceful presence in silent prayer. We then we move to the Bride's Parlor in the Windereedle Center for presentations and small group discussion. We **adjourn promptly at 7:30 p.m.** For more information, please contact Nestor de Armas: [nestordearmas@msn.com](mailto:nestordearmas@msn.com) or (407) 415-7161.