



Take a “time out” from the cares of life
and receive the gift of rest and renewal.

Centering Prayer

DAY OF SILENCE AND PRAYER

Contemplative Outreach of Sacramento/Stockton and surrounding areas (COSSA), along with Mercy Center invite you to a day of silence, centering prayer, and reflection.

Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers each of us a way to open our hearts to God.

During the morning, we will break into two groups (*listed below*). You will have a choice of attending either an introductory teaching session or a silent centering prayer and lectio divina session. In the afternoon everyone will come together as one group to watch a DVD and practice centering prayer. We will end our day with a time of reflective sharing.

Please indicate when registering in which morning group you would like to participate

**Morning Group 1
Introduction to
Centering Prayer**

If you are new to this practice or if you have never had a chance to get a formal introduction, this session will cover the basics of the Centering Prayer method.

**Morning Group 2
Centering Prayer &
Lectio Divina**

This group is appropriate for those who have an understanding of centering prayer. It will include two (30) minute centering prayer sits and lectio divina.

Saturday, June 15, 2019

9:00am to 4:00pm

Cost: \$35.00 (includes lunch)
(non-refundable payment due with registration)

sponsored by
**Contemplative Outreach of
Sacramento/Stockton Area
(COSSA)**

Contemplative Outreach annually serves over 40,000 people; supports over 120 active contemplative chapters in 39 countries; supports over 800 prayer groups; teaches over 15,000 people the practice of Centering Prayer and other contemplative practices through locally-hosted workshops; and provides training and resources to local chapters and volunteers.

REGISTRATION FORM—Centering Prayer June 15, 2019

Name: _____

Phone: _____

Address: _____

City/Zip: _____

Email: _____

Credit Card _____

Morning Group 1 Morning Group 2

\$35 (includes lunch) Visa MC Exp _____



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019

or register online at www.mercycenter.org