

Welcoming Prayer with Cynthia Fore
An online mini-retreat
July 17, 2021
10:00 am-noon & 1:00-2:30 pm EDT

A prayer practice of attending, letting go, and surrendering to God in the present moment of daily life. The act of welcoming anchors us firmly in the Present. When we are able to stay in this Present Moment with what we are experiencing, we are able to choose to surrender and let go rather than react from a place of striving to be in control or demanding a different experience. The goal of letting go enables us to be able to stay and learn from the Present Moment rather than being chased away from Presence. Cynthia Bourgeault says this about it: *"...by welcoming, you create an atmosphere of inner hospitality. By embracing the thing you once defended yourself against or ran from, you are actually disarming it, removing its power to hurt you or chase you back into your smaller self."* In this workshop, we will learn about the practice, how to implement it as well as practicing two sittings of Centering Prayer.

Bio:
Cynthia Fore is a Spiritual Director, facilitator of contemplative retreats and Centering Prayer workshops and groups. She holds certification with *The Transforming Center, Wheaton, Illinois; Christos Spiritual Formation, Minneapolis, MN; and Enneagram Motions of the Soul iEnneagram, Marshall, MI*. She is in full-time, para-church ministry as well as serving in multiple ways at Christ Church Episcopal, Greenville, SC. She incorporates Ignatian Spirituality in her individual Spiritual Direction sessions as well as in the retreat setting. Cynthia guides a 2-year, quarterly retreat experience in which small communities come together quarterly for learning and practicing of ancient spiritual practices. She is married to John; has three grown children and two grandsons. Her hobbies are knitting, crocheting, Soul-collages, movie-watching, cocktail-making, and hanging out with friends and family playing cards and dominoes.

