

# An Introductory Program to the Contemplative Practice of Centering Prayer



**Deepen your intimacy with God and increase your  
capacity for living a fuller Christian life.**

**Sacred Heart Church, 26 Wintonbury Ave.  
Bloomfield, CT**

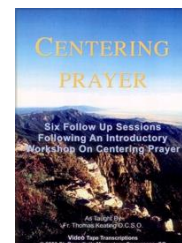
**Seven Lenten Thursday Evenings 6:30 – 8:30 p.m.  
February 28, March 7, 14, 21, 28, April 4, 11 2019**

**Session One** consists of four brief conferences covering the topics of Prayer as Relationship, The Method of Centering Prayer, Thoughts and the Use of the Sacred Word and Deepening our Relationship with God along with a full Centering Prayer experience.

**Sessions Two thru Seven** are facilitated continuing sessions provide an opportunity to practice Centering Prayer in a group, watch a video and discuss it, and share their Centering Prayer experiences. These sessions provide an expanded understanding of Centering Prayer, and support in the Centering Prayer practice. The videos feature Fr. Thomas Keating, founder of Contemplative Outreach, Ltd., and are designed to deepen your understanding and practice of Centering Prayer.

**A Free Will Offering will be collected for the benefit of the  
Contemplative Outreach of CT Chapter.**

**Books on Centering Prayer along with Transcripts of the continuing  
sessions will also be available for purchase.**



**Presented by Mike Smoolca**, an experienced contemplative prayer practitioner, Coordinator of the Connecticut Chapter of Contemplative Outreach, a Centering Prayer facilitator, a Commissioned Contemplative Outreach presenter and student of Contemplative practices. Mike is a Spiritual Director and experienced Contemplative workshop facilitator and speaker. He is the Coordinator of the Northern CT Chapter of the International Thomas Merton Society and has been very active in several Parish ministries.

**To register contact Gregory Kay 860-508-7434, [gregorymkay@gmail.com](mailto:gregorymkay@gmail.com)**

**Register Online at: <http://www.co-ct.org/cpintroprogram.html>**