



Centering Prayer Day

Have you heard that Meditation is helpful for your physical and mental health? There are tremendous benefits to having a daily practice of meditation, and for Christians the practice of Centering Prayer as a form of meditation can also provide spiritual growth and depth in your relationship with God. Come try it out in this special day retreat. A full **Introduction to Centering Prayer Workshop** will be lead by Contemplative Outreach Trainer Mike Smoolca. At the same time, for experienced practitioners, an ***Advanced Workshop** will be offered with instruction from Thomas Keating's *The Spiritual Journey*. Lunch will be provided (suggested donation \$10) as well as snacks and refreshments.

October 19th, 2019, 9:30am to 4 pm (intro workshop will end by 2:30pm)

**The Chapel of St. John The Divine
10 Church Way, Saunderstown RI**

Sign-up: <https://centeringprayerday.eventbrite.com>

Find out more about Centering Prayer at
<http://www.contemplativeoutreach.org/>

Offered by the partnership of Church of the Ascension, Wakefield, and Chapel of St. John the Divine, Saunderstown.
Rev. Robert P. Travis, Head Pastor

Sponsored by the Episcopal Diocese of Rhode Island
Congregational Development



CONTEMPLATIVE OUTREACH®