

## Seven Deadly Attitudes



Therese Saulnier

February 22, 2020

9:30 a.m. – 3:30 p.m.

Caritas Christi Center 295  
Benham Street, Hamden, CT



**John Cassian, a monk of the 4th and 5th centuries wrote about the important place thoughts have in spirituality.** Cassian suggested that thoughts can lead to desires and desires can lead to passions, such as anger, dejection and pride. Cassian recommended that thoughts be vigilantly watched so that they do not lead to desires and passions. Sometimes it is difficult to watch one's thoughts. An alternate method of becoming aware of the ways our mind can get us in trouble is to become aware of our attitudes. Mary Mrozowski, a founding member of Contemplative Outreach, Ltd., spoke of Seven Deadly Attitudes: attraction, aversion, comparison, expectations, anticipation, competition and judgment. Observing these seven attitudes in ourselves is an excellent way to become aware that we are upset before we act out of our passions. These attitudes are also guides to the virtues we need to cultivate to avoid the seven deadly sins. Contemplative prayer practices can help the Spirit guide us in developing the necessary virtues.

**Presented By: Therese Saulnier.** Therese has been teaching Centering Prayer and other contemplative prayer practices for over 25 years, and trains others to teach the Centering Prayer practice. Therese staffs Centering Prayer retreats and offers workshops in Centering Prayer, Lectio Divina, Welcoming Prayer. She is also a staff member of the Nine Month Course: The Practice and Deepening of Contemplative Living.

**Check-in 9:30 a.m., Program 10:00 a.m. – 3:30 p.m.**

**Please Bring Your Own Lunch, Beverages and Deserts will be provided. We'll offer breakfast snacks, coffee, tea. Books/media will be available for sale.**

**Suggested Donation: \$35 in cash or checks payable to Contemplative Outreach of CT.**

**Contact Kathy Wood at 203-372-2304 or [kewood10@optonline.net](mailto:kewood10@optonline.net) with questions.**

**Please Register in Advance at: <http://www.co-ct.org/caritaschristievent.html>**