

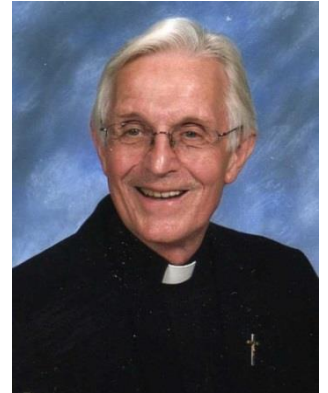


**Centering Prayer:
Beginning to Learn to Live a
Contemplative Way of Life through Prayer**

Come join us for a

One-Day Workshop with Rev. Bill Sheehan, OMI

Fr. Bill, a member of the Oblate Contemplative Mission Center, has been involved with Contemplative Outreach since 1983 and is an experienced international retreat director.



At: Immaculate Heart of Mary Church
180 Loudon Rd, Concord, NH

On: Saturday, May 12, 2018

Time: 8:30am to 3:00 pm

8:30 -9:00 Registration

9 – 3:00 Presentations, Questions & Answers and Centering Prayer Practice

There will be a Lunch Break from 12 - 12:45. Please bring a bag lunch.

Coffee, tea and light refreshments will be provided during the workshop.

Fr. Bill will provide us with a brief history of the creation of Contemplative Outreach and his involvement. Then Fr. Bill will focus on:

Prayer in Secret (Mt 6:6) along with the two questions that arise from this:

- 1. How do I access my inner room?***
- 2. What begins to happen in our inner room?***

Additionally, he will share with us something of his own spiritual journey and some of the joys and challenges that one often encounters along this life-long journey of transformation.

“Be still and know that I am God.” Ps. 46:10

Registration:

1. To facilitate planning, email by May 4th to centeringprayerconcordnh@gmail.com to let us know that you plan to attend the workshop.
2. Complete the form below and bring it with you to the Workshop on Saturday, May 12th

Any questions: email to the above address or call Kate at 603-798-5028.

Suggested Donation: \$ 15.

Please Print

First Name _____ Last Name _____

Email _____ Phone _____

Address _____

City _____ State _____ Zip _____

"The prayer of Jesus was Contemplative Prayer - when he 'went off to a deserted place by himself to pray'. Jesus invited his followers to this prayer when he told them to 'go to their inner room and close the door'. Closing our mind and heart to internal and external distractions and opening our minds and hearts to God's indwelling presence and the Holy Spirit is part of the great Contemplative Prayer tradition of our faith - from Jesus to the Apostles, to the desert fathers through St. John of the Cross, St. Theresa of Avila, and St. Therese of Lisieux, through Thomas Merton, Thomas Keating and others. One of the ways of helping one come to Contemplative Prayer - by centering oneself in God's presence and experiencing the inner peace and joy that the world cannot give or take away - is through the practice of Centering Prayer." - Fr Ray Ball