

PARISH RETREAT

Resting in God

AN INTRODUCTION TO CENTERING PRAYER

This ancient form of prayer allows consent to the presence and gracious action of Christ in stillness.

Saturday, February 25

9 a.m. to Noon

Breakfast at 8:30 a.m.

Morning to Include

- **Presentations**
- **Discussion**
- **Practice**

Recommended reading:

**Fr. Thomas Keating's
'Open Mind,
Open Heart: The
Contemplative
Dimension of the
Gospel'**

**The Rev. Rob Carr,
pastor of North Oak
Christian Church,
will present this
introductory session.**

**Rev. Carr has
been practicing
Centering Prayer for
more than 18 years. He
is a trained presenter
through Contemplative
Outreach.**

