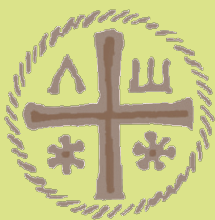


CENTERING PRAYER . . .

Come away by yourselves to a deserted place and rest awhile. -Mark 6:31



Saturdays: July 23, 2011; October 29, 2011; January 21, 2012

Contemplative Outreach of Sacramento/Stockton areas (COSSA) is joining with Mercy Center Auburn for a series of days of Centering Prayer and a weekend retreat.

The days of silence will include several sessions of Centering Prayer, Lectio Divina, and videotaped teachings from Fr. Thomas Keating, followed by reflective sharing. The weekend will allow for a deeper journey into the healing silence of God.*

Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers us a way to be open to God. By taking time to "rest in God" each day, we open our awareness to the gift of God's presence.

All are invited to these days of prayer. Brief and separate instruction will be provided for beginners and those who desire it.

"The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Deep prayer is laying aside of thoughts. It is the opening of mind and heart, body and feeling -- our whole being -- to God, the Ultimate Mystery, beyond words, thoughts, and emotions." -Open Mind, Open Heart, Fr. Thomas Keating



SUGGESTED DONATION FOR EACH SATURDAY IS \$35—LUNCH AND REFRESHMENTS INCLUDED

- SATURDAY, JULY 23, 2011, 9:00AM TO 3:30PM — BE STILL AND KNOW THAT I AM GOD
- SATURDAY, OCTOBER 29, 2011, 9:00AM TO 3:30PM — PRAYER IN THE INNER ROOM
- SATURDAY, JANUARY 21, 2012, 9:00AM TO 3:30PM — CONSENTING TO GOD

**After the close of each day, those who wish may remain for an optional social time.*

***WEEKEND RETREAT—APRIL 27-29, 2012** (separate registration required - please see weekend retreat flyer)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card# _____

__ Visa __ Mastercard



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ■ 530-887-2019

You may also call with a credit card number or register online at www.mercycenter.org