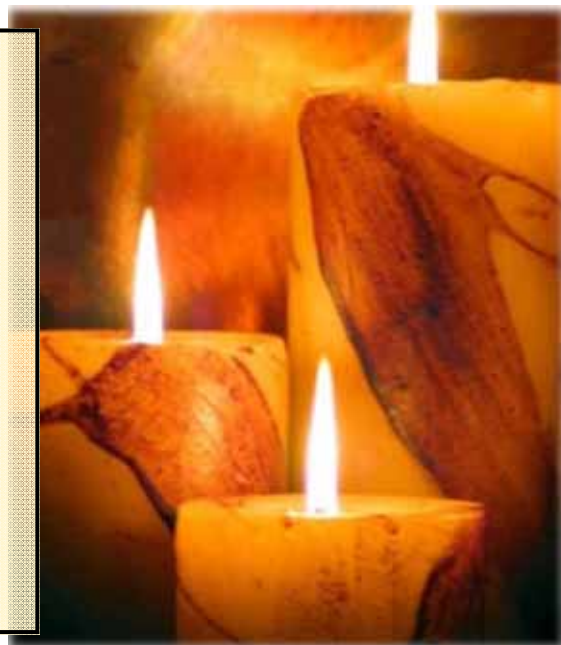


Learn about Meditation and Contemplation

Saturday, October 20, 2018
1:00 - 5:00pm

Centering Prayer: An Introduction and An Experience

Herb Kaighan



Are Prayer and Meditation important to you? Do you have a Prayer and Meditation practice? Are you confused about Prayer, Meditation and Contemplation what they are and how to do them? Would you like to learn about them through experience? Centering Prayer combines the best of all these practices of conscious contact with the "Mystery". Come learn and experience a way of improving your relationship with "God" & fostering your spiritual life.



Herb is a Spiritual Director and has been leading and facilitating workshops and retreats for over 30 years. He has authored three books including "Practicing the Here and Now: Being Intentional with Step 11" (2017). For more information go to www.herbk.com.

Cost: \$20 (\$25 after October 12)

To register call Marlene at (310) 377-4867 ext 234 or email her at mvelazquez@maryjoseph.org or register online at www.maryjoseph.org
Please see website www.maryjoseph.org for Cancellation Policy.

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
"Centering Prayer" Herb Kaighan, Saturday, October 20, 2018

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