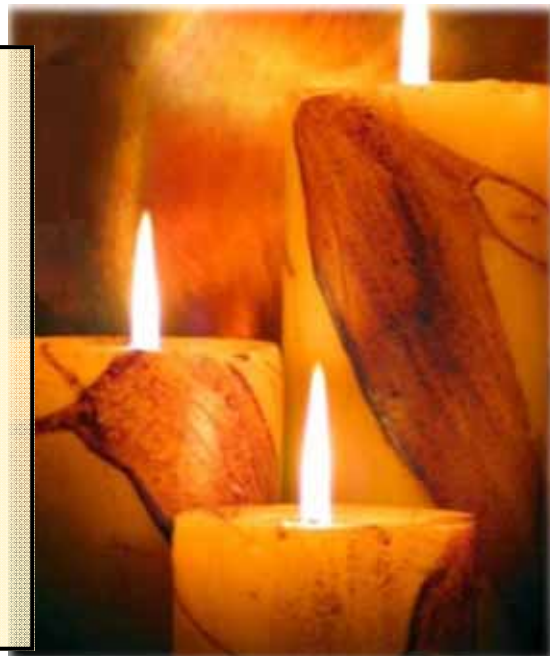


Learn about Meditation and Contemplation

Saturday, October 21, 2017
1:00 - 5:00pm

Centering Prayer: An Introduction and An Experience

Herb Kaighan



Are Prayer & Meditation important to you? Do you have a Prayer & Meditation practice? Are you confused about Prayer, Meditation & 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 and fostering your spiritual life.



Cost: \$25 (\$20 if paid in full by October 13)

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 or Program Guide for Cancellation Policy.

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
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