

Every Month on each  
Second & Fourth Wednesday  
7:30 ~ 9:00 pm

## Centering Prayer Group

with Greg Johnson  
& Herb Kaighan



Centering Prayer is at the same time a relationship with God and a discipline to foster that relationship. It is a movement beyond conversation to communion with God and prepares us for the gift of contemplation. Centering Prayer is not meant to replace other kinds of prayer; rather it casts new light and depth of meaning on all types of prayer. The Centering Prayer group meets in the chapel.

Greg Johnson is a lay contemplative and a computer scientist by profession. He has been active in contemplative practice for fifteen years. Herb Kaighan is a recently retired professional who has been on a spiritual path since his youth. He currently teaches spirituality at Loyola Marymount University and St. John's Seminary. Herb is a trained spiritual director. Both men have been devoted retreatants for many years and are integral members of our retreat center.

No registration needed. Cost: Donation.

For more information contact Marlene at (310) 377-4867 Ext. 234 or  
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### MARY & JOSEPH RETREAT CENTER

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