

An Advent Gift to Yourself & Friends



Saturday December 5, 2:00-4:30 P.M.

**St. Mary Parish Branford, CT
731 Main St. Branford**

An Introduction to the Contemplative Practice of Centering Prayer

All prayer is being in relationship with God. Centering Prayer is a method designed to facilitate the development of contemplative prayer by preparing our faculties to receive the gift of this prayer form. It does not replace other ways to pray; rather, it deepens the experience of God's presence in them. The heart and soul of Centering Prayer is consenting to the presence and action of God in our lives, and letting our Lord love us.

Nancy Stimac, a long time contemplative prayer practitioner, is a Centering Prayer facilitator and presenter for Contemplative Outreach, as well as a graduate of the Archdiocese of Hartford Catholic Bible School and Lay Ministry programs. She uses her gifts to serve the Catholic Community of Windsor Locks as a prayer group facilitator, Bible study leader, RCIA teacher, lector, and evangelization team and parish council member.

**Check in at the Parish Center from between 1:30-2:00 - Prayer Program begins at 2:00 P.M.
No donation - refreshments provided**

To register call 203-488-1607