

Deepen your intimacy with God and increase your capacity for living a fuller Christian life.



An Introduction to the Contemplative Practice of Centering Prayer

Saturday February 27, 2016

9:00 a.m. -12:30 p.m.

Doors Open at 8:30 a.m.

**Holy Family Passionist Retreat Center – Center Building 1st Floor
Classroom
303 Tunxis Road - West Hartford, CT**

All prayer is a 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. Centering Prayer does not replace other ways to pray; rather, it deepens the experience of God's presence in them. It teaches us to deeply consent to the presence and action of God in our lives, and letting our Lord love us.

Presented by Mike Smoolca, a long time contemplative prayer practitioner, is a Centering Prayer facilitator, a trained Contemplative Outreach presenter and student of Contemplative practices. Mike is a Spiritual Director and experienced Contemplative workshop facilitator and speaker. He is very active in several of his Parish ministries.

Free Will Offering accepted for the benefit of Holy Family Retreat Center

Please register online at: <http://www.invialumen.org/intro-to-centering-prayer.html>