

SPIRITUAL PRACTICE WORKSHOP



CENTERING PRAYER

**SATURDAY, OCTOBER 7,
1:30–4:00 P.M.**

JOIN SPIRITUAL DIRECTOR DALE WEBB TO JOURNEY INTO THE CONTEMPLATIVE PRACTICE OF CENTERING PRAYER. IN THIS PRAYER PRACTICE, YOU USE A SACRED WORD/PHRASE (OF YOUR CHOICE) TO RETURN TO GOD'S PRESENCE WHEN YOUR MIND BEGINS TO WANDER FROM THE HOLY. YOU'LL EXPLORE THIS PRACTICE BY ENGAGING IN IT AND DIALOGUING ABOUT YOUR EXPERIENCE.

SUGGESTED DONATION: \$10-\$20

PRE-REGISTRATION AND PRE-PAYMENT ARE REQUIRED.
PAY AND REGISTER WITH OUR ONLINE REGISTRATION FORM
OR CALL THE JOURNEY CENTER AT (707) 578–2121.

**JOURNEY CENTER, 1601 FOURTH STREET, SANTA ROSA, CA
(707) 578-2121 WWW.JOURNEYCENTER.ORG**