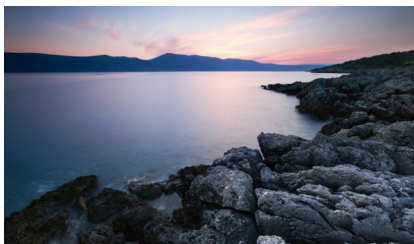


*You are invited to participate in a special workshop series
and learn and experience the transforming impact of Contemplative Prayer*

Inner Peace through Centering Prayer



Workshop I: Saturday, May 12, 2018

Workshop II: Saturday, June 2, 2018

9:30 AM – 12:30 PM

Christ Our Light Parish Center

Responsibilities and demanding life circumstances pull us through our fast-paced days. Stress, anxiety, and sensory overload, internal noise of continual thoughts, worries, and distractions take away our energy. We long to stay centered in Christ and connect with God. There is a way to be in the world but not be consumed by it. Whether you already have a contemplative prayer practice or are just beginning these Centering Prayer Workshops are for you. Centering Prayer is a deeply profound spiritual discipline, yet freeing in its simplicity.

Inner Peace through Centering Prayer Workshop I:

Learn Centering Prayer, and how to implement it into your daily life. If you already have a CP discipline this workshop will deepen your practice.

Inner Peace through Centering Prayer Workshop II:

Learn why Centering Prayer is truly the threshold of transformation and how God it deepens your relationship with God, your true self and others. *(If you cannot attend Workshop I, you must have an understanding and some experience with Centering Prayer to attend Workshop II.)*

Take the opportunity to respond to Christ's invitation to "Come away and rest awhile."

Our presenter — Maria E. Gullo, MSPC

As a life-long follower of Christ, prayer has always been an integral part of Maria's life. Dedicated to living and teaching the contemplative dimension of the gospel for over 18 years, Maria loves sharing how it has transformed her life and deepened her relationship with God. With her graduate degree in Pastoral Care and Counseling with a certification in Spiritual Direction from Neumann University, she has had a Spiritual Direction practice since 2004. She is a commissioned presenter of Centering Prayer through Contemplative Outreach and conducts workshops and leads retreats around the country.



Please register by May 9, 2018 using the link on the parish website, or by emailing Cathy Johnson at cjohnson@christourlight.net