

West Side Presbyterian Church

Varian Fry Way, 6 Monroe Street

Ridgewood, NJ 07450

Presents an

Introductory Centering Prayer Workshop

Saturday, June 16, 2018

9:00 A.M. – 12 Noon

Do you long for a deeper relationship with God? Do you yearn for “something more” in your prayer life? If these questions resonate with you, you may be called to centering prayer, a form of silent Christian meditation that has been practiced for many years. If you are new to centering prayer, or would like to refresh your practice, join us for a Centering Prayer Retreat on June 16 from 9:00 am to 12:30 pm in the Pulsifer Chapel.

It will be led by Kurt Gahan and Therese Saulnier of Contemplative Outreach.

Therese Saulnier has been praying Centering Prayer for 30 years. She has a Master of Arts degree in Theology with a concentration in spirituality from Fordham University. Therese is a web developer for a major corporation.

Kurt Gahan has been praying Centering Prayer for 4 years. Kurt is a Lutheran deacon and a fire department chaplain. He is a graduate of the Contemplative Leadership program of Oasis Ministries for Spiritual Development. Kurt is a computer systems analyst for a major corporation.

Therese and Kurt will offer their unique perspectives and experiences on living a contemplative life in the 21st century.

For more details, or to RSVP, please reach out to Pastor Liz (ljunod@westside.org).