

Forgiveness Prayer Workshop

Saturday, October 27th -- 9am to 4pm

Bethany Retreat Center

1031 Germania Rd

Frenchville, PA 16836

Come to the Forgiveness Prayer Workshop and explore the need for forgiveness and the nature of forgiveness. Come to learn the Forgiveness Prayer, a way to open to God's healing presence and action when you are hurt, wounded or offended. The Forgiveness Prayer is a prayer which God uses to teach us how to forgive.

When the disciples asked Jesus how to pray, he taught them the Lord's Prayer. In this prayer Jesus teaches us that forgiveness is one of the essential conditions out of which all of our prayer must proceed if it is to be acceptable to God.

The command is clear: if you are a Christian, you must forgive. But there are two very powerful, often problematic questions involved with this imperative:

How do I forgive?

What if I want to forgive but cannot?

Centering Prayer experience recommended.

Therese M. Saulnier has been praying Centering Prayer for 30 years and the Forgiveness Prayer for more than 25 years. She was a student of Mary Mrozowski, a founding member of Contemplative Outreach, who developed the Forgiveness Prayer. Therese holds a Master of Arts degree in Theology with a concentration in spirituality from Fordham University. She is a former Vice Chair of the Board of Contemplative Outreach, Ltd. Therese is a web developer for a Fortune 500 company.

Offering: \$40 per person (includes retreat and meals)

Deposit: \$20 nonrefundable

Overnight Accommodations available for Friday arrival in the afternoon, Supper at 6pm — \$60 for overnight and meals – (does not include the \$40 cost of retreat)

Register online at <http://bethanyretreatcenter.org/blog/registration-form/> or contact Bethany Retreat House directly by phone (814.263.4855) or email (BethanyRetreatCenter@gmail.com)