

Welcoming Prayer Retreat: A Centering Prayer Retreat for Everyday Life “Consent on the Go”

October 19 to 21, 2018

Starts Friday at 7 PM and ends Sunday at 11 AM

Presenter: Therese M. Saulnier

Franciscan Spiritual Center
609 S. Convent Road
Aston, PA 19014

Retreat Fee: Commuter - \$140; Resident - \$190

The Welcoming Prayer is a contemplative practice of consenting to God’s presence and action in our physical and emotional engagements of daily life, particularly those that bring stress or pain. Developed by Mary Mrozowski, one of the founders of Contemplative Outreach, it is offered as a way to move from compulsively reacting to mindfully and prayerfully responding to all situations – welcoming, in trust, the presence of the Sacred through intentional awareness of our senses and our bodies’ reactions. The Welcoming Prayer can empower us to take appropriate action as freely and lovingly as possible in any situation that presents itself in our lives. This weekend includes information on the conceptual background of the Welcoming Prayer, instruction in the process, opportunities to experience the welcoming Prayer, times of Centering Prayer, times for conversation and times of silence. Experience with centering prayer is suggested for participants.

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Therese Saulnier has been praying Center Prayer for 30 years and teaching Centering Prayer and other contemplative prayer practices for over 25 years. Therese’s teacher for the Welcoming Prayer was Mary Mrozowski. Therese holds an MA degree in theology, with a concentration in Spirituality, from Fordham University.

Register with the attached form or online at <https://fscaston.org/product/welcoming-prayer-retreat-a-centering-prayer-retreat-for-everyday-life/>

**FRANCISCAN SPIRITUAL CENTER
REGISTRATION FORM**

Name: _____

Address:
Street _____

City _____ **State** _____ **Zip Code** _____

Phone: Day(_____) _____

Evening(_____) _____

Cell Phone: (_____) _____

Fax: (_____) _____

E-mail: _____

Program/Retreat:

Date/s:

Deposit: _____ Balance Due: _____

Special Needs/Retreat Director Requested: _____

Please make checks payable to the "Sisters of St. Francis"

Mail registration form(s) (one for each program/retreat) with deposit to:

***Franciscan Spiritual Center
609 South Convent Road
Aston, PA 19014
ATTN: Patricia Hamill, SSJ***