



Contemplative Outreach of New Jersey
is pleased to announce the offering of the

Contemplative Enrichment Program

You are invited to participate in the Contemplative Enrichment Program for those practicing Centering Prayer. Each day's program includes periods of Centering Prayer, conferences on the subject matter, and time for small group discussion.

Prerequisite A Daily Practice of Centering Prayer

When Saturdays 9:30 am – 3:00 pm
Gathering, Coffee & Registration – 9:00 am
Please bring a brown bag lunch

October 6, 2018	Reacquainting Yourself to You Through Pranayama and Mindfulness	Lou Segura
November 3, 2018	To Pray Without Words	Sr. Anita M. Constance, SC
January 5, 2019	Contemplative Discernment	Maureen Hanley
February 2, 2019	The Cry of the Father in Our Hearts	Fr. Michael Davitti, SX
March 2, 2019	The Beginning of Wisdom is Fear of the Lord (Sir 1:12)	Fr. Joseph Jurasek, OFM
April 6, 2019	Contemplative Drumming Through Lent	Barbara Woodzell
<i>Additional Date</i> December 15, 2018	Advent Day of Prayer	Fr. Carl Arico

Where **Benedictine Center at St. Walburga Monastery**
851 N. Broad Street, Elizabeth, NJ 07208
The Monastery is accessible by bus from NYC

Fee ***\$150 for all 6 sessions***
includes registration fee for Advent Day of Prayer (normally \$30)
\$115 for all 6 sessions (seniors)
includes registration fee for Advent Day of Prayer (normally \$20)
\$30 – registration fee for a single session
\$20 – registration fee for a single session – seniors

Payment Options

- A. Pay in full (\$150; \$115 - Seniors) by October 6th with completed registration form to hold your space
- B. \$75- deposit (\$50 deposit for Senior Citizens) due by October 6th with completed registration form to hold your space. Remainder due January 5th.

For further information, contact Therese Saulnier, 201-436-8256 (Evenings and Weekends)

Directions: 851 North Broad Street, Elizabeth, New Jersey

Turnpike

Exit 13A. Follow signs for North Ave. West. Take North Ave. about 2 miles to North Broad St. (While on North Ave., you will cross US1 and go under a RR overpass.) North Broad is the third light after the overpass. There are apartment houses on each corner of the intersection of North Ave. and North Broad St. Turn right onto North Broad. The monastery is on your right before the light - 851 N. Broad.

Parkway - Driving South

Exit 140A "Newark Airport, Elizabeth" Follow the exit around to the right. Turn right onto Morris Ave. (Rt. 82). Take Morris Ave. to North Ave. (Rt. 439). Kean College will be on your right. Turn left onto North Ave.. North Broad will be the fifth light. There are apartment houses at each corner of the intersection. Turn left onto North Broad St. The monastery is on your right before the light - 851 N. Broad.

Parkway - Driving North

Exit 137. Take exit to the light and turn left onto Westfield Ave. Drive 2.7 miles (8 lights) to North Ave. (Rt. 439). There is a left turn arrow and an EXXON gas station on the right. Turn left on to North Ave.. Drive 1.6 miles (7 lights) to North Broad St. There are apartment houses on each corner of the intersection. Turn left onto North Broad St. The monastery is on your right before the light - 851 N. Broad

Bus & Train

Bus from New York - New Jersey Transit bus #112 Take from Port Authority to the corner of North Avenue and North Board Street in Elizabeth. Trip takes about 35 minutes.

Call for schedule: NJ Transit Information: from NJ 1 (800) 772-2222; from out of NJ 1 (973-762-5100 Port Authority Information -1 (212) 564-8484

Your stop is one of the first in the Elizabeth residential area. The stop is on the corner immediately after the bus turns left off North Ave onto N Broad St. As soon as the bus makes that turn it is going away from the monastery. You should walk on N Broad St in the opposite direction of the bus. (You will need to cross both streets at the corner.) The monastery is 851 North Broad St, before the end of the block on your right. As you walk past a mansion, you will see a driveway and just beyond it a wall with 2 large statues. Walk down that driveway under the archway of the building and enter on the left.

The 59 bus from Newark stops across the street from the monastery. Ask the driver for the "Benedictine Academy" stop.

NJ Transit Train: (From NYC -Bus from Port Authority is easier on weekends)

The train leaves from Penn Station, NY, and also stops at Newark. There are two stations in Elizabeth. The North Elizabeth station is close to the monastery, but stops are rare except for commuter hours. The Elizabeth station is about a mile away. Just off Broad St. I don't know how easy it is to get a cab or bus.

Cab: 851 North Broad St, Benedictine Sisters, across from Benedictine Academy.

Bus heading to your left as you approach N Broad. Take to intersection with North Ave. (Most buses turn there) walk on N Broad in the direction the bus was going. Monastery is on your right before the end of the next block. Enter as above.

If you are a walker go left on Broad St. (North) There are several forks off Broad/ N Broad. Watch signs carefully. When you get to North Ave, cross over, and monastery will be before the end of the block on right. Enter as above.

Contemplative Enrichment Program Registration Form

To pre-register for any or all of these events, please complete this form and mail with deposit to:

**Therese Saulnier
53 Linden Street
Bayonne, NJ 07002-1235**

Please make checks payable to: Contemplative Outreach of New Jersey

Contemplative Enrichment Program Registration:

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-Mail: _____

Amount Enclosed _____