



**Contemplative Outreach of New Jersey
Presents Centering Prayer Days**

June 23 and August 25, 2018

9:30 A.M. until 1:30 P.M.

The Catholic Church of the Holy Trinity Parish Center, Westfield, NJ

You are invited to a day of prayer with multiple periods of Centering Prayer, silent time, a viewing of a contemplative video, and a discussion of the video.

There will be a silent break from 11:30 A.M. until 12 Noon. Please bring a light lunch or snack. Beverages will be provided.

Holy Trinity has Mass at 8:30 A.M. on Saturday morning.

A free will offering is requested.

Please contact Barbara Sherry at 201.443.2115 or at barbara@omegageek.com to indicate the number of people who will be attending.

Directions to The Catholic Church of the Holy Trinity Parish Center

Holy Trinity is located at 315 1st St. in Westfield, New Jersey.

Garden State Parkway to Exit 135 (Clark/Westfield)

Proceed West on Central Avenue (Follow Signs for Westfield/Garwood)

Go to the 5th Traffic Light on Central (Park Street)

Make Left onto Park Street

Go to 2nd STOP Sign (Westfield Avenue)

Make Right onto Westfield Avenue

Church is Approximately 500 Yards Down on the Left