

THE WELCOMING PRAYER WORKSHOP

SUNDAY MARCH 17, 2019
1:00–4:30 PM



Everyone is Welcome to Attend

The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. **The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day.** The Welcoming Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime by addressing them where they are stored — in the body. It contributes to the process of transformation initiated in Centering Prayer.

Developed by Contemplative Outreach's late master teacher Mary Mrozowski, it is based largely on the teaching and wisdom of Fr. Thomas Keating and the eighteenth-century work *Abandonment to Divine Providence* by Jean-Pierre de Caussade. It addresses the values of our false-self system on both conscious and unconscious levels.

National Presenter Mary Dwyer –

Mary Dwyer is a long-time student of Fr. Thomas Keating and has been practicing Centering Prayer since the 1980s. In the early 1990's, she lived at Chrysalis House, a contemplative live-in community experiment blessed by Fr. Thomas. The community became an incubator of practice and programs of Contemplative Outreach's growth. Chrysalis House – what she refers to as her “inpatient” or “residential treatment time” – proved to her that a life of prayer, consent and practice is real, stable and deeply rewarding. Mary Mrozowski, creator of the Welcoming Prayer, also lived at Chrysalis House and taught her that a devoted life of prayer was the real work of life; what we did the rest of the time was just how we made a living.



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