

# **Centering Prayer Retreat: Welcoming Prayer**

St. Joseph Retreat Center

850 Hyland Blvd., Staten Island, NY 10305

April 26, 2019 @ 4:00 pm - April 28, 2019 @ 2:00 pm EDT

**Facilitated by Therese Saulnier**

Arrival Friday 4:00 PM, Departure Sunday 2:00 PM

Fee: \$250 Single Occupant \$200 Double Occupant

(A non-refundable deposit of \$50 is due one week prior to retreat.)

To register or inquire about the retreat contact St. Joseph Retreat Center:

[www.daughtersofdivinecharity.org](http://www.daughtersofdivinecharity.org) - [stjretreatcenter@gmail.com](mailto:stjretreatcenter@gmail.com) - 718.720.1097

Therese Saulnier is a long standing member of Contemplative Outreach. She will lead us in the Welcoming Prayer. This is a prayer to be said throughout the day to open to God's presence and action in our daily activities. Through the prayer we become aware of and acknowledge our feelings. We welcome the indwelling spirit to work in our souls and then surrender and let go. The Welcoming Prayer is used in conjunction with the practice of Centering Prayer. There will also be centering prayer periods during the retreat.

## **What is the Welcoming Prayer?**

The Welcoming Prayer is a contemplative practice of consenting to God's presence and action in the 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.*