

Be still and know that I am God. -Psalm 46:10



Experience the life-transforming practice of
Centering Prayer

September 12, 2015

9:30 am – 3:30 pm

The Festival Center

1640 Columbia Road NW, Washington DC 20009

free will offering

An introduction with Fr. Carl Arico

a founding member and the vice-president of Contemplative Outreach, Ltd.

Fr. Arico has practiced Centering Prayer since 1975 and taught the prayer since 1978, traveling extensively in the U.S. and internationally to present workshops and direct retreats.

The introduction will be followed by six weeks of in-depth instruction and reflection through videos created by Contemplative Outreach and featuring Fr. Thomas Keating. Contact Carol Martin cmartin128@juno.com for dates, times, and locations of groups.

The teaching will conclude with a weekend retreat led by Fr. Arico: October 23 - 25, 2015 at Wellspring, the Conference Center at Dayspring, Germantown, MD
Register for the weekend event at www.wellspringconference.org/events

*Hosted by Bread of Life Church and the Dayspring Retreat Mission Group
of the ecumenical Church of the Saviour*

www.inwardoutward.org