

## **Centering Prayer Workshop-Our Lady of Snows**

**We would like to invite you to Introduction to Centering Prayer Workshop on Saturday January 26 from 9:00 am to 12:30 pm at Our Lady Snows Parish Center, 1200 S Arlington, Reno, NV 89509.**

**The centering prayer workshop will teach a method of silent prayer that is rooted in the Christian contemplative heritage. It is a gentle silent method of consenting to God's presence and healing action within us. By taking time to "rest in God" each day, we open our awareness to the gift of God's presence.**

**Come learn more about this prayer method. There will be three follow up sessions of 2 hours each from 6:00 to 8:00 pm Thursday thereafter (January 31, February 7 & the 21st.) The suggested donation for the workshop is \$40 for individuals or \$60 for couples, that includes materials, Fr. Keating's book "Open Mind Open Heart," and refreshments during the workshop. Scholarships are available upon request.**

**To assist in planning registration please call Ann 775-762-3115. For more information on the contemplative outreach spiritual network visit [www.contemplativennv.org](http://www.contemplativennv.org)**