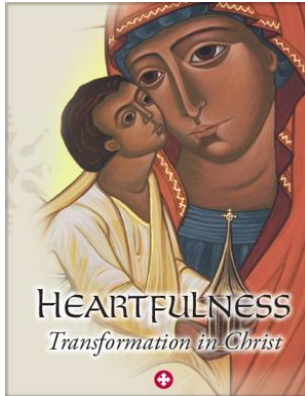


# ***Heartfulness: Transformation in Christ*** with Thomas Keating and Betty Sue Flowers

A DVD/Audio Series on the Spiritual Journey



## Saturday's of Heartfulness

**8:30 Centering Prayer in Crypt of Chapel**

**9:00 Mass**

**9:45 Gathering and Lectio of Heartfulness Passage**

**10:30 Fr. Keating Presentation and Discussion**

**11:30 Centering Prayer**

**12:00 Lunch and discussion of the prayer practice,  
Conclusion at 1:00pm for those who can stay.**

***Join us at Mt. Saviour Monastery with Fr. Keating via DVD. The Program will be held on the second Saturday of the month in St. Peter's Conference room.***

January 9 "The Pursuit of Happiness"

February 13 "The Human Condition"

March 13 "Centering Prayer"

April 10 "Sin"

May 8 "Into the Silent Land" with Fr. Martin Laird

June 12 "Suffering"

July/ August (No Sessions)

September 11 "Redemption"

October 9 "Love and the Trinity"

November 13 "Divine Indwelling"

December 11 "Divine Transformation"

Donations are gratefully accepted to cover expenses and give a donation to Mt. Saviour for the facility. Please email George Welch at [gwelch@tqcp.com](mailto:gwelch@tqcp.com) or call St. Joseph's Pastoral Care at 607-733-6541 ext. 425 to ensure positive planning. All are welcome.