

Mark your calendars and consider Contemplative Outreach of the Southern Tier's Lenten
Retreat

Welcoming Prayer Intensive Retreat

March 25, 26, 27, 28, 2010

At Mount Saviour Monastery, Pine City, New York 14871

Retreat begins Thursday March 25th at 7pm. It concludes Sunday Morning with the 9 am Liturgy of Palm Sunday

Registration is limited to 30 people. A \$50 deposit is requested. The full fee of the retreat is \$195. Please send to Deacon George Welch, St. Joseph's Hospital, Attention Pastoral Care, 555 St. Joseph's Blvd. Elmira, New York, 14901. You may call to register or for more information at 607-733-6541 ext 425.

Retreat Director: Sr. Therese Dush

Mt. Saviour Monastery

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 ordinary activities. The welcoming Prayer helps to dismantle the emotional programs of the false self system and to heal the wounds of a life time by addressing them where they are stored in the body. It contributes to the process of transformation in Christ initiated in Centering Prayer.