

The Welcoming Prayer

A One-day Introductory Workshop

May 13, 2010 9:00am to 3:00 pm
Benedictine Monastery 9535 Linton Hall Rd. Bristow, Va.

Directed by Father Bill Sheehan, OMI

A One-day Introductory Workshop. This workshop introduces participants to the actual method of the Welcoming Prayer and provides an opportunity to practice. The day includes discussions of the human condition and the false-self system as the conceptual background of the Welcoming Prayer. Welcoming Prayer is the practice that actively lets go of thoughts and feelings that support the false-self system. It embraces painful emotions experienced in the body rather than avoiding them or trying to suppress them. It does not embrace the suffering as such but the presence of the Holy Spirit in the particular pain, whether physical, emotional or mental. Thus, it is the full acceptance of the consent of the present moment.

The Director

Father Bill Sheehan, OMI, is an experienced and beloved retreat director. He has been involved with Contemplative Outreach since 1983, practicing centering prayer and guiding others in this way of prayer for more than 25 years. Father Bill has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial, and director of the Oblate House of Theology. Father Bill lives in an Oblate House of Prayer in Massachusetts.

Cost: The suggested offering for this day is \$50.00. Morning refreshments and lunch are included.

REGISTRATION

NAME _____
TELEPHONE _____
EMAIL _____
Payment of \$ _____ is included.

Please mail registration to BPC, 9535 Linton Hall Rd. Bristow, Va. 20136