



## MHR Centering Prayer Ministry



# Spiritual Practice & Transformation in the 21<sup>st</sup> Century

## The Inner and Outer Journey First Topic is "Seeing with New Eyes."

Jesus said, "The Kingdom of God is at hand" What on Earth could this mean for us in 2012?

For this reflection excerpts will be presented from the "Awakening the Dreamer Symposium" – a profound inquiry into a bold vision to bring forth an environmentally sustainable, spiritually fulfilling and socially just human presence on Earth.

With open mind and heart, we will ask ourselves: Where are we? How did we get here? What is possible? Where do we go from here?

Speaker is Catherine Regan, PhD. She is a spiritual director, clinical psychologist and adjunct staff member at Mercy Center with a special interest in contemplative practices and resultant benefits in our individual and collective lives.

Each session will include 2 periods of Centering Prayer, presentation, reflection & dialogue

We invite you to join members of the Bay Area Contemplative Outreach and the Most Holy Redeemer Centering Prayer Group for 5 individual "Days of Enrichment and Reflection" beginning on January 14, 2012 with registration and refreshments from 9:30am to 10:00am followed by the program. The program will end promptly at 1:00pm. Location is Ellard Hall.

Future dates and topics are:

- February 18<sup>th</sup> – "Changed by New Life"
- March 31<sup>st</sup> – "Loving in a Wounded World"
- April 21<sup>st</sup> – "Becoming Human"
- May 12<sup>th</sup> – "Becoming Christ"

For more information email:

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or call Sr. Cathy Cahur  
(415) 553-8776

Free will donations are welcome.

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