

An Evening of Centering Prayer With Bill Sheehan, O.M.I.



7 PM
Tuesday • February 28
Lenox House, near Lake Merritt
290 Lenox Ave, one block off of Grand Avenue
Oakland, Ca
510-452-1550 to register

"As we reflect upon our desire to grow in our relationship with God, it can be helpful to recall Jesus' words "But when you pray, go to your inner room and pray to your Father in secret and your Father who sees in secret will repay you."

(Mt.6:6)

With this foundational text present to us, we will explore the following questions: How do I begin to access my inner room? This question gives us a chance to review the steps involved in the practice of centering prayer. It is helpful for beginners as well as more experienced folks. What begins to happen when we access our inner room? This question provides a deepening experience in our centering prayer practice.

Coming from Boston, Massachusetts, Fr. Sheehan is a well known speaker who has led Centering Prayer Retreats for many years.

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