

ST JOSEPH'S SMA PARISH WILTON

Centering PRAYER



SAT 20TH SEPTEMBER
10.45AM TO 4.00PM

An opportunity for people to experience a method of prayer that is now becoming very important and popular in our world today



Activities on
the day will
include:

- A meditation on breath by Buddhist nun Kelsang Drolma
- Video presentation by Richard Rohr on Centering Prayer
- Opportunities for silent prayer
- Periods of quiet reflection
- Sit down meal for participants
- Freedom to walk in the quiet of our grounds

**Please register in the Mass Office in advance
of the event**

Fee: €10

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ST JOSEPH'S SMA PARISH WILTON

Centering PRAYER

SAT 28TH JUNE

10.30AM TO 4.00PM

An opportunity for people to experience for themselves a method of prayer that is now becoming very important and popular in our world today



The day will include:

- Video presentations explaining the method of prayer
- Opportunities for silent prayer
- Periods of quiet adoration
- Sit down meal for participants
- Freedom to walk in the quiet of our grounds



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Fee: €10

