

# Christian Contemplation Learning from the Masters

February 20, March 12, & April 16

- 9:00 a.m. to 12:15 p.m.
- 8:30 Sign in & refreshments
- Attend the series or just one retreat
- \$20 contribution per event (cash or check)
- Joint plenary; choice of breakout groups

## Breakout options:

### Introductory/Refresher Breakout

- What is contemplative prayer? How is it done?
- Try a contemporary method (centering prayer)
- Ask questions, give feedback

### Deepening Breakout (established CP practice)

- Spend the morning in silent reflection
- Participate in 3 periods of centering prayer

## Location: The National Presbyterian Church

- Agencies Building, near corner Van Ness/Nebraska
- Off-street parking at rear of building
- Directions: <http://www.natpresch.org/directions>

## Registration required

Online: <http://conta.cc/1UKCWzR> (use registration button)

Email: [comwcentering@gmail.com](mailto:comwcentering@gmail.com)

Phone: 703-389-7479 (Sally Swanson)

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