

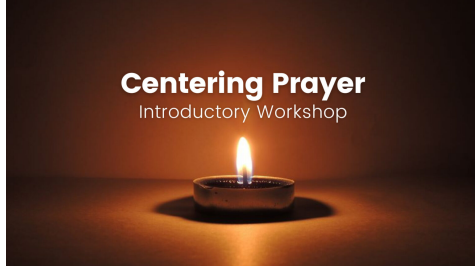


# Our Lady of Calvary

RETREAT CENTER

## Centering Prayer Introductory Workshop

February 25, 2023 @ 9:00 am - 1:30 pm \$40



### Centering Prayer Introductory Workshop

In this introductory workshop, you will learn the method and principles of Centering Prayer practice in a quiet, reflective atmosphere. We will cover the history, psychology, and theology of the practice. Two prayer sessions and question-and-answer sessions are included.

*Mike Smoolca is a contemplative group and workshop facilitator and a dedicated teacher and student of contemplative practice and wisdom spirituality. He is a Contemplative Outreach Commissioned presenter, teacher and mentor, and coordinator for the Christian Contemplative Experience at Holy Family Retreat Center, Contemplative Outreach of CT, and the Northern CT Chapter of the International Thomas Merton Society. Mike is a practicing spiritual director and supervisor as well as a BioSpiritual Focusing companion and teacher.*

This program will take place upstairs in the Blue Room and is limited to 15 participants. Includes lunch.

Register for this program using the form below, or call Cathy in our office on Tuesdays or Thursdays.

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City,State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Program Name and Date \_\_\_\_\_

PAYMENT MUST BE MADE AT THE TIME OF REGISTRATION. PLEASE HELP US PLAN BY REGISTERING AT LEAST ONE WEEK IN ADVANCE

My \$40 offering is enclosed

Mail reservation and offering to **Our Lady of Calvary Retreat Center**  
31 Colton Street, Farmington, CT 06032

Register online at [www.OurLadyofCalvary.net](http://www.OurLadyofCalvary.net)