

Deepening Centering Prayer Retreat

Transformation in Everyday Life

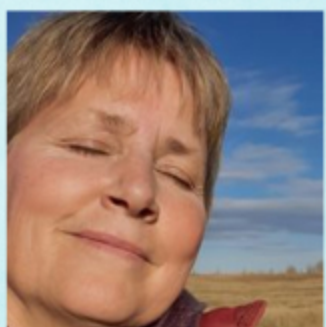
with Liz Rees and Heather Mattson McCrady

Friday, January 27, 2023 (7 pm) to
Sunday, January 29, 2023 (1 pm)

Suite \$300 Single \$250

Register by January 19 at providencerenewal.ca

“The truly sacred place is where you are.” – Fr. Thomas Keating.
This silent retreat will draw on parables of Jesus and the example of St. Therese of Lisieux as inspiration for spiritual transformation in the movements of our everyday lives. Fr. Thomas Keating explores these wisdom teachings and guides us to see that the Kingdom of God is found in our ordinary experiences and struggles. The retreat will include Centering Prayer periods, teachings by Fr. Thomas Keating, Lectio Divina and quiet reflections. The retreat is intended for those who are familiar with Centering Prayer.



Liz Rees is a presenter of Centering Prayer, commissioned by Contemplative Outreach. She is a trained Eco Minister, Deetime Leader and Life Skills Coach. Liz's sojourn has included studying and teaching meditation in the Buddhist tradition, refugee accompaniment in Central America, creating and leading transformational youth programs, and guiding contemplation in the Christian tradition. Liz has a burning love of the mystic path and a call to guide others to their own sacred hearts.

Heather has been on a contemplative spiritual path for many years. She has a Masters of Theological Studies in Spirituality, a certificate in Spiritual Direction/Companioning, and recently completed a year long Ecoministry certificate. Retired from a career in Volunteer Management and Community Development, she now describes herself as a Being of the Natural Order, and a Wild Christ Monastic. Heather is a long-time practitioner of Centering Prayer who is in the process of commissioning with Contemplative Outreach.

