



The Welcoming Prayer

February 5 and 6, 2016

(Starts Friday 6:30 PM, ends Saturday 3:30 PM)

St George Episcopal Church

1250 Paige Place, The Villages, FL 32159

Cost: \$45.00

(Includes Friday night coffee and dessert and Saturday lunch)

With Mary Dwyer

"To Welcome and let go is one of the most radically loving, faith-filled gestures we can make in each moment of each day. It is an open-hearted embrace of all that is--in ourselves and in the world"

Mary Mrozowski

The Welcoming Prayer is an "on-the-go" practice for contemplatives. This prayer practice focuses on the 23 hours a day when we are not doing Centering Prayer and teaches us how to continue to let go in a more active manner. It is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. This Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime by addressing them where they are stored – in the body. As such, it contributes to the process of transformation in Christ initiated in Centering Prayer.

This workshop will introduce us to the actual method of the Welcoming Prayer and provide opportunity for practice. It will include discussions on the human condition and the false-self as conceptual background of the Welcoming Prayer. If you are new to the Welcoming Prayer or have been a long time practitioner, you will enjoy our time together in silence as well as attending presentations about the Welcoming Prayer.

Mary Dwyer is a long-time student of Fr. Thomas Keating. In the early 1990s, she lived at Chrysalis House, a contemplative live-in community experiment blessed by Fr. Thomas. Her housemates included Mary Mrozowski, the creator and spiritual mother of the Welcoming Prayer practice. Mary Dwyer now lives in Miami with her husband Juan Llarena (Coordinator of Contemplative Outreach of Miami). She is a member of the National Contemplative Outreach Welcoming Prayer Committee and serves as Chairperson of the Contemplative Outreach governing board. After a career in banking and social work, she now devotes her time to giving retreats and workshops on behalf of Contemplative Outreach.

[See details on schedule, cost of the workshop and how to register on next page](#)



Contemplative Outreach of Central Florida - **SPECIAL EVENT**

Schedule: Workshop 6:30 PM to 8:30 PM on Friday and 8:30 AM to 3:30 PM on Saturday.

Cost: \$45.00 to be paid upon registration prior to January 27, 2016.

Hotel accommodations: A discounted rate of \$125.00 per room (breakfast included, add taxes) is available at the Holiday Inn Express, located across from church at 1205 Avenida Central N, The Villages.

Reservations should be made directly with the hotel **before December 15, 2015**, to ensure guests receive the discounted rate. Ask for CONTEMPLATIVE OUTREACH BLOCK to obtain negotiated rate. Phone: 352-750-3888 Fax: 352-750-2779. E-mail: hiexpressfl@gmail.com

Scholarships are available in case of need. Please, have your facilitator contact Nestor at (407) 415 7161.

Registration Form

Welcoming Prayer Workshop

February 5-6, 2016

Registration Deadline: January 27, 2016.

Please fill this registration form and mail with your \$45.00 check.

(Payments are non-refundable)

Mail to: Alice Logan, 505 Green Briar Blvd, Altamonte Springs, FL 32714

Make your check payable to **COCFL**

(PLEASE PRINT CLEARLY)

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City/St/Zip: _____ Email: _____

Centering Prayer Group (if Any): _____

May we share your contact information with other participants? _____

How did you hear about this event? _____

For more information please email Alice (AliceVLogan@gmail.com)