



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

FOUR LEVELS OF LISTENING AND SOUL FRIENDING WITH SUSAN KOMIS

February 11, 2017 (8:30am-3pm)
St George Episcopal Church
1250 Paige Place, The Villages, FL 32159
Cost: \$35.00
(Bring a bag lunch)



Susan Komis is a nationally known Retreat Leader in Christian contemplative practice. She is well known to many of us in Florida for having facilitated several retreats, Living Flame events and workshops throughout our Chapter. Susan has served Contemplative Outreach since 1990, first as a volunteer, then as a coordinator for the St. Louis, MO Chapter, and for many years as the Director of the CPS Chapter Programs and Services where she provided support to Coordinators and Contact Persons throughout the Contemplative Outreach spiritual community. She serves as a staff person for numerous Contemplative Outreach retreats, mentors other servant leaders, and continues to develop leadership formation programs for Contemplative Outreach, Ltd. Susan is a certified Pastoral Minister and has worked in Adult Faith Development and various other ministries including spiritual direction and inter-spiritual dialogue.

Four Levels of Listening

We all desire to become better **Listeners**. Listening to others at a deep level often feels like hard work! This presentation will explore our cultural disposition toward the art of **Listening** and the levels of listening that we engage in on a daily basis.; what we hear is what we receive... or what we miss! How do we develop a better capacity to truly **listen**? How can we be fully present as we are engaged in a **Listening** process? Is it possible to learn to truly listen with heart and soul in the sanctuary of human presence? Our ability to **listen** is one of the most important qualities of contemplative service and exemplifies the mystery of transmission of one to the other.

Soul Friending

Soul friending is a term used to describe the level of spiritual intimacy we want to foster in our Centering Prayer group. It was Fr. Thomas Keating's hope and expectation that the relationship of a Centering Prayer group would gradually deepen to a level where soul friending was taking place within the group experience. In the Soul Friending presentation, we will discuss the essence of Soul Friending in groups, the role of the Facilitator and group members in nurturing Soul Friending in the Centering Prayer group. In the Celtic tradition, there is a wonderful understanding of spiritual relationship. The Gaelic phrase for this is "*anam cara.*" *Anam means soul. Cara means friend.* This relationship cuts through barriers of time, convention, philosophy and definition. When you are blessed with *anam cara*, the individual or group has arrived at this most sacred understanding.

The content of this presentation will allow time for small group process.



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REGISTRATION FORM

FOUR LEVELS OF LISTENING AND SOUL FRIENDING WITH SUSAN KOMIS

February 11, 2017

8:30 am Registration – Program starts at 9am and ends at 3pm
Bring your own lunch

Registration deadline: Friday, February 3, 2017.

Please fill this registration form and mail with your \$ 35 payment check.

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

Make your \$ 35 check payable to **COCFL**

Scholarships are available for those that need it.

Please contact Nestor De Armas at: nestordearmas@msn.com

(PLEASE PRINT CLEARLY)

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City/St/Zip: _____ Email: _____

Centering Prayer Group (if Any): _____

Check amount included: _____

May we share your contact information with other retreatants? _____

Emergency contact name and phone number _____

Centering Prayer practice:

- I am new to Centering Prayer
- I have an established practice of Centering Prayer.

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

