

# Lectio Divina Workshop

**Presented by Sr. Maria Tasto,**

**Lectio Divina** is a way of praying with Scripture. It is a means of listening to the word of God in Scripture and a traditional way of cultivating friendship with Christ.

In **Lectio Divina**, one listens to the texts of Scripture as if in conversation with Christ, with Christ suggesting the topics of conversation. A daily encounter with Christ and reflection on his word leads beyond mere acquaintanceship to friendship, trust, and love. Conversation simplifies and gives way to communing, or “resting” in God.

**Friday Evening, March 19, 2010 7:30-9:00 pm**  
**and**  
**Saturday, March 20, 2010 8:15-3:00 pm**

**St. Theresa’s Catholic Church**

30 Mandalay Rd.

Oakland, CA

Sponsored by Contemplative Outreach Oakland-East Bay

Sister Maria Tasto is a member of the Srs. of St. Benedict, Ferdinand, IN. Maria is an experienced counselor and spiritual director. She gives retreats and growth workshops.

She received her training in spiritual direction at the Institute of Religious Formation at St. Louis University. She has an advanced degree in theology and scripture at St. John’s University, Collegeville, MN. She also has an advanced degree in English from the University of Dayton, Dayton, Ohio and a counseling certificate from the University of Evansville, Evansville, IN.

## **Registration Form**

**Please Register by March 10, 2010**

Name \_\_\_\_\_ Day/Night Phone \_\_\_\_\_

Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ e-mail \_\_\_\_\_

**Return form to: Betty Wharton**  
4225 Dunsmuir Ave.  
Oakland, CA 94619

**Make checks payable to: Contemplative Outreach of the East Bay**  
Suggested donation \$35.