

# St. Michael's Centering Prayer Group

2140 Mission Avenue, Carmichael, CA 95608

2nd and 4th Wednesdays

6:45-8:30 p.m.

Instruction, Centering Prayer, Reflective Sharing

Ecumenical - all are welcome

Series begins Wednesday, June 8th



## HEARTFULNESS

*Transformation in Christ*

As we move into our inmost being, we are given openness of heart  
and a refined inward eye to perceive the mystery of the Divine  
everywhere and in everything.

... that which is hidden from our senses and  
intellect becomes more and more transparent  
as we are being transformed into the mind and heart of Christ.

Fr. Thomas Keating

***Heartfulness: Transformation in Christ*** condenses the accumulated wisdom of Fr. Thomas Keating's many years of teaching and practice into nine essential areas for study, reflection and spiritual growth for our time. The interviewer, Betty Sue Flowers, draws out of Fr. Thomas the importance of silence and contemplative practice as a means of opening the mind and heart and one's whole being to God, or the Ultimate Reality.

### June and July - DVD 1

- 6/8/11 Introduction by Gail Fitzpatrick-Hopler, 4 min.
- Segment 1 The Pursuit of Happiness, 23 min.
- 6/22/11 Segment 2 The Human Condition, 21 min.
- 7/13/11 Segment 3 Centering Prayer, 19 min
- 7/27/11 Retreat evening

### August and September - DVD 2

- 8/10/11 Segment 4 Sin, 17 min.
- 8/24/11 Segment 5 Suffering, 21 min.
- 9/14/11 Segment 6 Redemption, 15 min
- 9/28/11 Retreat evening

### October and November - DVD 3

- 10/12/11 Segment 7 Love and the Trinity, 21 min.
- 10/26/11 Segment 8 Divine Indwelling, 22 min
- 11/9/11 Segment 9 Divine Transformation, 18 min.
- 11/16/11 Retreat evening (meets on 3rd Wednesday because of Thanksgiving)

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Sponsored by COSSA (Contemplative Outreach Sacramento/Stockton area)