

2019 Lourdes Advent Giving

- *St. Vincent de Paul ~ 11/09 - 11/10 – Food Collection*
- *St. Vincent de Paul ~ 11/16 - 11/17 – Food Collection*
- *Simon’s Call ~ 11/24 – 11/25 – Twin Size Sheet Sets*
- *Simon’s Call ~ 11/30 – 12/01 – Twin Size Sheet Sets*
- *Lourdes Lunch ~ 12/07 – 12/08 – Tube Socks*
- *Lourdes Lunch ~ 12/14 – 12/15 – Skull Caps*



CONTEMPLATIVE OUTREACH OF ATLANTA

Centering Prayer Workshop

Do you seek the still small voice of God? Do you seek a more intimate relationship with God? Come and find a way to deepen your relationship with God.

Contemplative Outreach of Atlanta offers an **Introduction to Centering Prayer Workshop at St. Anthony of Padua Catholic Church**, 928 Ralph David Abernathy Blvd SW, Atlanta, GA 30310, Saturday, November 16, 2019, from 9AM to 3PM. Breakfast and lunch is included. Register online for \$35 by November 14, 2019 under Upcoming Programs at <https://www.contemplativeoutreachatlanta.com>

This 7-session program includes the one-day workshop and continues with 6 weekly sessions beginning on Thursday, November 20, at 7PM

Centering Prayer is a simple method of prayer, rooted in ancient Christian tradition. "... not so much the absence of thoughts as the detachment from them. It is the opening of mind and heart, body and emotions – the whole body - to God ...beyond words, thoughts, and emotions." by Thomas Keating in Open Mind, Open Heart.

(Included in this program are six follow-up workshops beginning on Tuesday, June 11th, from 7:00 – 8:30 pm to continue the series ... The series will introduce participants to the four simple steps of Centering Prayer and provide opportunities to practice the discipline in daily life. If you have any additional questions, please contact Maggie Winfrey at coatlantageorgia@gmail.com .)