

# The Living Flame Series Program 1

(A seven month course, meeting one Saturday a month)

## Purpose:

- To offer intelligibility needed to stay faithful to the practice
- To offer encouragement and support
- To heighten the awareness of the dynamic of the Centering Prayer practice
- To help discern when the experience of psychological skills can be helpful tools on the journey.
- To provide an opportunity to participate in a community committed to the Centering Prayer practice.

## Prerequisites:

- Attendance at a Centering Prayer Introductory Workshop Program
- A twice daily prayer practice of at least 6 months.
- Familiarity with “Open Mind Open Heart” and the Spiritual Journey videotapes.
- The Program consists of seven sessions, one session per month, from 9am – 4pm.
- Commitment to attend all seven sessions.

## Includes:

- Lectio Divina
- Refinement of the Centering Prayer Practice
- Formation of Emotional Programs for Happiness
- False Self in Action
- Divine Therapy
- Night of Sense
- Welcoming Prayer Practice



## The Living Flame Program 1 Registration

*2<sup>nd</sup> Saturday of the month from*

Saturday, September 11, 2010 to Saturday, April 9, 2011

Where.....**St. Paul’s Episcopal Cathedral, Guild Room, 2728 6<sup>th</sup> Ave.**

Time.....**8:30 a.m. to 4:00 p.m.**

Total cost for 7 sessions: \$200.00

◆\$50 Deposit due by May 1<sup>st</sup>, 2010. Balance due Aug. 1<sup>st</sup>, 2010◆

Your Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip (+4) \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Enclosed Amount \$ \_\_\_\_\_  Check \_\_\_\_\_

Make checks payable to: Contemplative Outreach of San Diego or COSD. No credit cards accepted.

For more information call Kathy Di Fede at (619) 749-4141 or CJ Carlo at (619) 226-4486.

Minimum of 25 people needed to run the program. Maximum of 35.