

**Living in the Presence:
An Introduction to
Contemplative Prayer Practices**

An 8-session series designed for those who seek the Presence of God in the ordinariness of daily life, those who wish to enrich their prayer lives, and for all who yearn to journey more deeply into relationship by listening to God in the silence of their hearts.

The sessions will introduce a variety of contemplative prayer practices that will assist us to be more available, receptive, and responsive to God. The practices can help us to open to God's presence when our attention might otherwise remain fragmented, dull, or far away.



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*Feeling too busy, rushed,
or stretched too thin?*

*Join us to explore
God's presence through
contemplative prayer*



October 7 – November 18, 2017

Hope Lutheran Church and Student Center
4201 Guilford Drive
College Park, MD 20740

What is Contemplative Prayer?

Contemplative prayer is “our direct, loving, receptive, trusting presence for God.”

Tilden Edwards

“Contemplation is a fundamental constituent of human nature and hence available to every human being. It is accessed by letting go of our own idea of ourselves, turning our will over to God, and resting in the Divine Indwelling that is already present with us and waiting to reveal itself to us.”

Thomas Keating

“God is the True Rest
Who wants to be known.
God finds pleasure
in being our true resting place.”

Julian of Norwich

“... His will is that you simply gaze on Him and leave Him to act alone.”

The Cloud of Unknowing

Program

October 7 (Saturday)

10 am - 4 pm

Introductory mini-retreat with potluck lunch

October 11 – November 15 (Wednesdays)

7:15 – 9:15 pm

Six sessions offering different prayer practices as doorways to contemplative prayer:

- Presence through Scripture
- Presence through Sound and Silence
- Presence through Icons
- Presence through a Word
- Presence through the Body

November 18 (Saturday)

10 am - 4 pm

Closing mini-retreat with potluck lunch

*Be still
and know
that I am
God*
-PSALM 46:10

Rhythm of Weekly Sessions

Gathering in silence
Body and breath prayer
Guidance into silence
Journaling and rest
Group sharing (optional)
Closing

Leader

Robert S. (Robin) Seiler, Jr., has led contemplative prayer groups in several churches and has completed the Shalem Institute for Spiritual Formation’s program in leading contemplative prayer groups and retreats.

Cost and Registration

The cost is \$100 for the full program or, if you can only attend part, \$25 for each mini-retreat and \$15 for each evening session. For more information and to register, contact Robin Seiler at (917) 745-6135 or rsseilerjr55@gmail.com.