

# Mary & Joseph Retreat Center

*On the 2nd & 4th  
Wednesday of Each Month*

7:30 ~ 9:00 pm

## Centering Prayer Group

with Greg Johnson  
& Herb Kaighan



Centering Prayer is at the same time a relationship with God and a discipline to foster that relationship. It is a movement beyond conversation to communion with God and prepares us for the gift of contemplation. Centering Prayer is not meant to replace other kinds of prayer; rather it casts new light and depth of meaning on all types of prayer. The Centering Prayer group meets in the chapel.

Greg Johnson is a lay contemplative and a computer scientist by profession. He has been active in contemplative practice for fifteen years. Herb Kaighan is a recently retired professional who has been on a spiritual path since his youth. He currently teaches spirituality at Loyola Marymount University and St. John's Seminary. Herb is a trained spiritual director. Both men have been devoted retreatants for many years and are integral members of our retreat center.

Fall Dates: 7/13, 7/27, 8/10, 8/24, 9/14, 9/28, 10/12, 10/26,  
11/9, (11/23 no mtg), 12/14, (12/28 no mtg)

No registration needed. Cost: Donation.

For more information contact Irma Manley at  
(310) 377-4867 Ext. 234 or [imanley@maryjoseph.org](mailto:imanley@maryjoseph.org)

### **MARY & JOSEPH RETREAT CENTER**

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