



Seeking a Deeper Spirituality

Every Third Sunday, 2:00 pm to 4:00 pm
with Lloyd Young

Spend an afternoon in contemplative prayer seeking to deepen your awareness of the Lord's healing presence through prayer, while walking in silence and listening for the Spirit's healing word.



January 15 The Eternal Now: Living in the Present Moment.

Most of us dwell in the past or in the future. However the present moment is the only part over which we have control. We will explore how contemplative prayer can help us live better in "The Eternal Now."

February 19 The Art of Contemplative Love

We seek to enhance our capacity to love by becoming contemplative lovers – lovers of God and others within our lives, seeking by Christ-centered contemplative love, to better love and accept love.

March 18 Holding the Hand of God

We discover anew how to sense God's presence as we walk in silence, breathing short prayers to the One who is ever nearby.

April 15 The Healing Power of the Risen Christ

We will breathe prayers of thanksgiving for the Lord's eternal presence with us.

May 20 The Cloud of Unknowing

Learning to love the One whom we do not understand but whom we love, through deep meditation and journaling we seek to enhance our awareness of that Presence who so enriches our lives.

June 17 Healing Power of Forgiveness

We seek to lay to rest painful events of our past lives as well as mistakes we have made. Following a time of deep meditation we listen to the Inner Presence. Journaling follows.

Following thirty years of volunteer mission to Brazilian abandoned children, Lloyd is spending his retirement years facilitating prayer retreats based on Christ-centered contemplative methods learned in Brazil. He co-authored in Portuguese a book published by Jesuit Edicoes Loyola titled "A Sarça Ardente" (The Burning Bush) which documents the relationship between Christ-centered contemplative prayer and effective social action.



Call Irma Manley to register at (310) 377-4867 ext 234 or email to imanley@maryjoseph.org. Cost: \$10

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867

www.maryjoseph.org

Email: imanley@maryjoseph.org