



CONTEMPLATIVE OUTREACH CHICAGO

## Fall One-Day Workshop with Cynthia Bourgeault

Saturday, November 3, 2018

Goodwin Hall Auditorium, Benedictine University, Lisle Illinois

Space opens at 8:30am / Workshop begins: 9:00am

Lunch provided at mid-day / Workshop ends: 4:00pm

This day-long conference with Cynthia Bourgeault will explore **Christian Wisdom as Prophecy: An ongoing conversation between Centering Prayer, the Welcoming Prayer and the Wisdom tradition.** We will explore wisdom work as a "training program" that helps a person achieve and maintain the attitude Thomas Keating calls "welcoming receptivity," which invites God to proceed with the process of transformation.



The Rev. Dr. Cynthia Bourgeault is a modern-day mystic, Episcopal priest, writer, and internationally known retreat leader. Cynthia divides her time between solitude at her seaside hermitage in Maine and a demanding schedule traveling globally to teach and spread the recovery of the Christian contemplative and Wisdom path. She has been a long-time advocate of the meditative practice of Centering Prayer and has worked closely with Thomas Keating. For more information about Cynthia's ideas and her many books, visit her website:

<http://cynthiaborgeault.org/>

The Wisdom tradition as taught by Cynthia references practices learned, developed, and passed down over many centuries that include recognition and utilization of our entire being and not simply rational thought. Wisdom teaches that perception and awareness are unitive experiences, not just thought processes.

Centering Prayer is a core element of the Wisdom tradition -- it teaches us to release the thinking mind's dominance over us. Thought will grip on to fear and cling to imagined desiring. The Wisdom tradition offers effective means to help us release our thoughts, so that we can simply rest in the presence of the divine nature dwelling in each of us. Wisdom practices cultivate an openness to presence, gradually enabling deeper levels of contemplation in Centering Prayer.

The Wisdom tradition also helps develop deeper awareness and higher levels of being *outside* of meditation time. During daily activity we engage practices to continually return to the awareness of our whole being, again releasing the dominance of the rational mind. These practices help develop a more constant contemplative approach to life when one isn't meditating, which is the Wisdom tradition's link to the Welcoming Prayer.

## Order Form

**Register by July 31 and save!** Send this form with your check or money order payable to Contemplative Outreach Chicago, to arrive by July 31 at the latest to:

Alan Crema  
822 Bakewell Lane  
Naperville, IL 60565

Or... Register online at  
[www.centeringprayerchicago.org](http://www.centeringprayerchicago.org)  
through November 2

**Cost: \$65 on or before July 31; \$75 Aug 1 – Sept 30; \$85 after Sept 30**

**SPECIAL DISCOUNT: STUDENTS WITH STUDENT ID MAY REGISTER FOR ONLY \$20 (MAIL-IN ONLY)**

Prices include lunch. Scholarships are available – to request one, please send an email to the address provided below.

A ticket will be required for entry. When we receive your registration by mail, we will issue you a ticket by email, or you may request we send a paper ticket to you via post.

Your name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary needs & requests: \_\_\_\_\_

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**Questions? Email: [get.info@centeringprayerchicago.org](mailto:get.info@centeringprayerchicago.org)**