



LIVING FLAME

A Formation Program



HOSTED BY CONTEMPLATIVE OUTREACH OF KC

Living Flame is a program designed to heighten awareness of the dynamics of Centering Prayer in the context of your spiritual journey. You will learn vital conceptual information to support a faithful practice of Centering Prayer. Living Flame offers encouragement and support in a small community setting, helps discern when psychological skills can be helpful tools, and provides the opportunity to give and receive spiritual companionship.

The Living Flame Program includes 7 half-day retreats (9AM - 2PM) for in-depth spiritual study and enrichment. Each meeting will consist of two presentations (live on Zoom), two periods of centering prayer, and small group sharing. Snack and beverages are provided but please bring a lunch if desired.

An established practice of centering prayer is helpful but not required. Familiarity with the books of Fr. Thomas Keating, particularly Open Mind, Open Heart is helpful for full participation.

SCHEDULE

<i>Saturdays</i>	<i>Topic</i>	<i>Presenters</i>
October 21, 2023	Deepening Our Centering Prayer Practice	Fionnuala Quinn
November 18, 2023	Lectio Divina	Nancy Stimac & Curt Paddock
January 20, 2024	Soul Friending	Cherry Maisten
February 17, 2024	The Human Condition	Richard Bonacci
March 16, 2024	Divine Therapy	Jenny Adamson
April 20, 2024	Dark Night of the Soul: Night of Sense	Denis Gleeson
May 18, 2024	The Welcoming Prayer	Mary Dwyer

COST

\$140 for all 7 sessions, which includes printed materials, drinks, and snacks.

LOCATION

St. Pius X Catholic Church, 5500 Woodson Rd. Mission, KS. This is a hybrid-program. Several locations across Missouri and Kansas will host this program simultaneously to do the centering prayer, small group discussions and zoom presentations together.

You may be able to attend virtually on your own if you are not in the Kansas City area.

MORE INFO. AND TO REGISTER

contemplativeoutreachkc.org or contact Kristina Frank at frankclan@mac.com or 913-269-4086.

