

The Welcoming Prayer

Sponsored by Contemplative Outreach of Southeast Wisconsin

Saturday February 13 & 20, 2021

9:30-11:30 am CT

By Zoom

To welcome and to let go is one of the most radically loving, faith-filled gestures we can make in each moment of each day. It is an open-hearted embrace of all that is in ourselves and in the world.

- Mary Mrozowski

The Welcoming Prayer is an embodied practice for consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. It welcomes the Holy Spirit into the particular pain we experience, whether physical, emotional or mental. The Welcoming Prayer, like Centering Prayer, is designed to help us allow the Divine Therapist to remove the obstacles that keep God's all-powerful grace from flowing in and through us and out into a world in desperate need. It provides a means for moving deeper into trust and intimacy with the living God that Jesus experienced.

February 13:

Part I of the workshop will explore how The Welcoming Prayer addresses the human condition, and will introduce the prayer and offer an opportunity to experience the prayer.

February 20:

Part II will explore the Prayer in greater depth, offer a second practice session, and discuss how to bring the practice of The Welcoming Prayer into daily life.

A regular practice of Centering Prayer is recommended as a prerequisite for this workshop.

Presenter: Ten years ago, Jack Dierks began practicing Centering Prayer and the Welcoming Prayer. In 2017 he completed training and is now a commissioned presenter of the Introduction to Centering Prayer Workshop. Drawn to the Welcoming Prayer, he has completed training and is eager to share it with others. Jack is a member of the Leadership Team of the Contemplative Outreach of Southeast Wisconsin chapter, responsible for organizing and offering Introductory Workshops on Centering Prayer. Jack is a retired teacher.

Register [here](#)

Suggested donation: \$20