



# CONTEMPLATIVE OUTREACH

SILENCE  
SOLITUDE  
SERVICE

*of Northern Virginia*

## *Offers an Introduction to Centering Prayer Workshop*

Led by Bob Gullo

**October 16th, 2010**

from 9:30am to 4:30pm

**Sacred Heart Catholic Church**, Parish Hall on lower level

12975 Purcell Road

Manassas, VA 20112-3217

**Cost:** \$50 for all seven sessions

Scholarships available upon request

The Introduction to Centering Prayer Workshop is a presentation of the discipline of Centering Prayer as silent communion with God beyond concepts, words and images. **The workshop includes instruction on the method of Centering Prayer in a one-day session, plus six additional weekly sessions.**

No previous experience is required.

Please bring a bag lunch. Coffee, tea and water will be provided.

Registration is limited, so please register early.

Please check our web site, <http://conova.org/events.html>, for cancellation due to inclement weather.

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### **Six follow up sessions from 9:30am to 11:00am:**

October 23th, October 30th,

November 13th, November 20th, November 27th

December 11th

### **Location:**

**Sacred Heart Catholic Church**, Room 5

12975 Purcell Road, Manassas, VA 20112-3217

### **Contact:**

Bob Gullo at [bobrag@gmail.com](mailto:bobrag@gmail.com)

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**Registration:** Mail to Lynn Heaton, 6040 N 23rd Street; Arlington, VA 22205 - [sassyfive@comcast.net](mailto:sassyfive@comcast.net)

Please make checks to CONOVA.

Name:

Address:

Email:

Check: \$