

Tau Center
Spring 2018

Explorations in Centering Prayer

Monday, 7:00-8:30pm

February 12, March 12, April 9 & May 14

Centering Prayer is an invitation to a deeper relationship with God. You may notice a desire for silence and an inner stillness in your prayer life.

If you listen to this call, you will realize a call to prayer without words, a desire to simply sit with God in stillness. In our Centering Prayer sessions, you will learn a simple method for such prayer and the joys and struggles of this type of prayer. In each class we will also have time for quiet, sitting and meditation. Both beginners and experienced practitioners are welcome. Different contemplative themes will be introduced each week.

 **\$15/session • Pre-registration requested.**

About the facilitators...

Sr. Pat Irr is a Wheaton Franciscan Sister and core facilitator at Tau Center. Sr. Pat has a Master's Degree in Sacred Science from St. Bonaventure University and a Master's Degree in Pastoral Studies from Loyola University, along with 20 years of experience in ministry at the Institute for Pastoral Leadership.

Laura Desmarais explored meditation while living in India ten years ago. Since then, she has explored Centering Prayer and has been influenced by Thomas Keating and Cynthia Bourgeault. She has been active in the Tau Center for over ten years and has a Master's Degree in Psychology



PROGRAM FACILITATORS



Sr. Pat Irr, OSF



Laura Desmarais