



CONTEMPLATIVE
OUTREACH® | SILENCE
CENTRAL ONTARIO | SOLITUDE
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presents

Introduction to Contemplative Prayer Workshop

Sponsored by Contemplative Prayer Niagara

Saturday July 29th, 2023 – 9:30 a.m. to 3:00 p.m.

The Monastery of Mount Carmel

7020 STANLEY AVE NIAGARA FALLS ON L2G 7B7

**Come and learn to pray in silence in the tradition of
St. John of the Cross and Father Thomas Keating**

Cost: CAN\$55 Includes Lunch

Registration: Step 1: e-Transfer to bcoleman@bell.net

Or: Mail a cheque payable to Lorraine Urquhart

15 NOELLE DR ST CATHARINES ON L2M 1M1

Step 2: Send an email to lurquhart2208@gmail.com

Confirm your name and any dietary concerns.