

**Early Morning Prayer via Zoom  
6am to 7am  
Wednesday April 27<sup>th</sup> - June 1<sup>st</sup>, 2022**

**This is a come as you are, drop in invitation.  
Each week we will Practice Centering Prayer for 20 minutes  
And view a Video teaching with Thomas Keating  
From the series:**

**Living the Paschal Mystery: Hope and Redemption**



*Hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.  
—Romans 5:5*

This presentation was recorded in Austin, TX in 2007  
Thomas Keating begins his exploration of the Paschal Mystery focusing on the passion, death, resurrection and ascension of Jesus Christ — the grace-filled mystery that opens the healing process and leads to a divine way of being human through the Trinity. The key to unlocking this mystery is found in the liturgy and contemplative prayer.

... Through the events of the Resurrection and the Ascension we experience God as No Thing, as existence itself. Therefore, we are challenged to live a life of non-possessiveness which opens us to put on the mind of Christ and live with new attitudes. These attitudes open us to unity, oneness and a greater awareness of the larger picture — from Christ consciousness to cosmic consciousness and to unity consciousness. **In other words, unconditional love.**

**To register for the zoom link and further details please contact  
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604-944-7447**