



Zoom Enrichment Day - Listening Prayer

Hosted by Contemplative Outreach of Greater Vancouver

Saturday February 10th , 2024

Invitation: *"My heart has heard you say, "Come and talk with me." And my heart responds, "Lord, I am coming." - Psalm 27:8 NLT*



We Welcome Katherine Murray
as our Guest Facilitator:

Katherine is passionate about spiritual formation and transformation, and spiritual practices that deepen our awareness of God. Spiritually, she is most at home in the contemplative Christian tradition guided by the commitment to both contemplation and action, and the contemplative values of Silence, Solitude, Simplicity and Service. Katherine loves the mystics, and deeply values the Wisdom offered by other faith traditions.

Katherine is a spiritual director and retreat leader. She is also the Associate Director of the Centre for Spiritual Renewal at St. Dunstan's Parish. She has a background in social work, a graduate degree in International Relations, and completed the Soul Guiding program with Pacific Jubilee. She has also studied theological courses at the Vancouver School of Theology. Time spent in South Africa, Israel, Palestine, and Kenya, and involvement in the Abbotsford Interfaith Movement, have been significant in her spiritual formation and in expanding her awareness of God. Katherine serves on the coordinating team of Contemplative Outreach Greater Vancouver.

Workshop Description: Listening Prayer is a spiritual practice of becoming quiet to listen for what God is speaking or making known to our hearts. In this offering you are invited into a sacred pause to connect with God, to explore the ways we hear from God, and be intentional to listen for what God is making known through facilitated meditations and reflections. This enrichment day will include centering prayer and group sharing.

Schedule

8.45 am	Zoom Opens - musical prelude as we gather with mics muted
9am – 2pm	Enrichment workshop
	<i>There will be a 15-minute coffee break and a 45-minute lunch break</i>
2pm – 2.30pm	Q&A, closing prayer
2.30 - 3.00pm	Zoom room will close

Pre-Register to receive the zoom link - Suggested Donation: \$5 - \$30. However, all donations in any amount are welcomed and support the work of COGV. Please make cheques payable to COGV and mail to Margaret Huggan: 208-3980 Carrigan Court, Burnaby, BC, V3N 4S6 or send in an e-transfer to Margaret mhuggan@telus.net

For any other information contact Christine chris.kesans@gmail.com or 604-944-7447

COGV website: www.cogv.org