**August 28, 2021**

**Centering Prayer And Inner Awakening**

**Wisdom Practice Day**

Live Zoom

**Join us for our first bi-annual WISDOM COMMUNITY PRACTICE DAY sponsored by**

**Wisdom Waypoints!**

Cynthia Bourgeault will kick off our first ever Wisdom Community Practice Day, leading us as we begin. Cynthia will speak to where we are as a community and why these Wisdom practices are so essential. The whole day will be guided by four seasoned facilitators: Jeanine Siler Jones, Heather Ruce, Nan Delach and Susan Latimer. We will intentionally cultivate a Wisdom way of knowing through:

* Instruction and practice of Centering Prayer Meditation
* Lectio Divina
* Body centering and sacred gesture
* Mindful attentional practices/Inner Tasks
* The Welcoming Practice

In *Centering Prayer and Inner Awakening,* we delve into both the tradition and method of this contemplative Christian prayer practice. As a group we will learn and practice together.

*“At a time in our Christian life when the factional extremes seem intent on fighting each other to death while the rest of the world goes its way in massive indifference, I know from my own experience that there is something in this prayer that can restore harmony, dignity, and depth to our lived Christian community. It is this, more than anything else that I wish to share with you.”*  Cynthia Bourgeault (p. xiv)

This Wisdom Practice Day is designed for anyone wanting to deepen into the experience of prayer and practice. As we come together in community, seeking inspiration and engaging practices for our awakening, we will leave with a felt sense of our deepening presence and how we can be of service in the world.

**To enroll**, email: [holly@aared.com](mailto:holly@aared.com) (Northeast Wisdom book keeper)

**Date:** Saturday August 28, 2021

**Time:** 10:00 am – 1:00pm ET, (1:00 – 2:00 Break for Lunch) & 2:00 – 4:00pm ET

**Contribute:**Suggested donation range of $30-80 to Northeast Wisdom/Wisdom Waypoints. You may donate online by f[ollowing this link, click on the yellow “Donate” button](https://northeastwisdom.org/contribute/). Northeast Wisdom activities are supported entirely by donations; if you can ‘pay it forward’ for another person, we are most grateful. Please include in the memo line “Wisdom Practice Day”. Join us for any part of the day you are able! Thank you.

**Platform:**Zoom. ***Zoom link sent when you register.*** Earbuds are suggested for clarity of hearing.

**Sponsored by Northeast Wisdom/Wisdom Waypoints**