

You are invited to a mini-course



Learning to Pray

Thursdays, September 16 & 23, 2010

6:45 – 7:45 pm

Led by David Killian & Peter Stringham

The internationally recognized spiritual master, Father Anthony deMello, S.J., led retreats and workshops in his native India and all over the world to teach people how to pray. DeMello found it easy to help people to pray and he showed them how prayer could be fulfilling and satisfying.

Drawing from Christian tradition, Eastern practices, and modern psychology, de Mello developed methods of prayer using the imagination, fantasy, repetition of certain words, chanting, measured breathing, and other exercises to deepen our relationship with God.

This series will present spiritual practices from deMello's book, *Sadhana: A Way to God, Christian Exercises in Eastern Form*. Participants will be introduced to new forms of prayer that they can use on their own.

All are welcome. No fee, but voluntary donations will be accepted.

The Rev. Dr. David A. Killian is Rector of All Saints Parish.

Peter Stringham, M.D., is a nationally-recognized pioneer in violence-prevention, author, and teacher of meditation.

*For information, please contact
rectord@allsaintsbrookline.org or 617-738-1810, ext 105.*

Sponsored by the Adult Education Committee of All Saints Parish and the Ruah Interfaith Spirituality Program of CMM.

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