

Sacred Reading and the Benedictine Prayer of Beauty

Saturday, September 30, 10AM-4PM



Lectio divina (sacred reading) is a tried and true way to prayer with Scripture and other sacred texts. Instead of the fast-paced skimming so common to us, Lectio is a *s-l-o-w-e-d* down, nurturing process that can re-orient you from the inside out.

The Prayer of Beauty is a natural, wordless prayer of awe and gratitude.

The day will include instruction, practice and sharing.



\$60, includes lunch

Mary Coswin, OSB is a member of St. Benedict's Monastery, a spiritual director who finds God in word and beauty.

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