

About the Presenter:
Bernadette Beach,
RN, MSN, HSME



Bernadette is an RN and a holistic practitioner, passionate about teaching tools to promote health of body, mind and spirit. She conducts conferences and retreats on a variety of topics related to holistic stress management and meditation. Bernadette is a trained spiritual director, and a graduate of the School of Action and Contemplation, led by Richard Rohr, OFM.



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Capuchin Retreat
62460 Mt Vernon
Washington, MI
48094

248 651-4826
www.capretreat.org



**Capuchin
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seasons of life*

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**RECLAIMING THE
SPIRITUAL WISDOM OF
CHRISTIAN
CONTEMPLATIVE
PRACTICES:
AWAKENING THE HEART**

Date: Thursday,
March 1, 2018

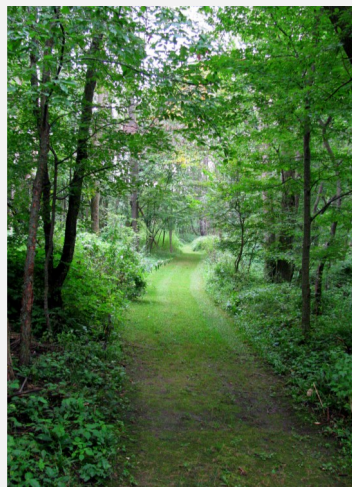
Time: 9a.m. to 3
p.m.



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Join Bernadette for an exploration and practice of contemplative meditation unique to our Christian tradition. Christians recognize silent prayer is embedded in an entire life oriented to being more Christ-like. Christian contemplative practices ground us in this understanding. The holistic benefits and scientific principles of this type of meditative prayer will also be discussed.



Schedule:

- 9:00 am Registration and Coffee with Continental Breakfast
- 9:15 am Holistic Impact of Meditation today
- 9:45 am 4 Types of Contemplative Practices
- 10:15am Break
- 10:30 am Christian Contemplative Practices
- 11:00 am Contemplative Prayer
- Noon Lunch
- 1:00 pm Lectio Divina
- 2:00 pm Ignation Contemplative prayer

Suggested donation for the entire program is \$50.



To register call 248 651-4826, or you may register on-line at www.capretreat.org.



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St Joseph of the Capuchin Order*
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