

# CENTERING PRAYER

**Be still and know I am God.**  
*Psalm 46:10*

*Group for young adults to  
deepen their prayer lives.*

**Thursdays**  
**7-8:30pm**

**2018: Nov 15, Dec 13**

**2019: Jan 24, Feb 7, Mar 14,  
Apr 11, May 9 (7 months)**

**Sisters of Notre Dame**  
**22100 Shaker Boulevard**  
**Shaker Heights, OH 44122**

**This ancient method of Christian prayer is in updated form and guides us toward:**

- Reducing obstacles in union with God caused by our own hyperactivity
- Responding to Jesus' own directive on prayer: *"When you pray, go to your inner room, close the door, and pray to your Father in secret, and your Father who sees in secret will repay you"* (Matthew 6:6)
- Moving beyond conversation with Christ to communion with Him, i.e., the gift of contemplation



**Sister Therese Dugan,**

our presenter, is a Sister of Notre Dame of Chardon, Ohio. She has a PhD in Education and an M.A. in Theology with a major field in Scripture. She has taught Scripture in Tanzania, East Africa, and was an Associate Professor of Sacred Scripture at St. Mary Seminary in Wickliffe, Ohio. She is currently a commissioned presenter for Contemplative Outreach in the US.



**Sister Kelley Rush,**

our co-facilitator, is a Sister of Notre Dame of Chardon, Ohio. Entering the Sisters in 2009, she is a respected Retreat and Spiritual Director and serves her congregation as Vocation Director.

**Contact Sister Kelley** to learn more and to register: (440) 241-3124 or [krush@ndec.org](mailto:krush@ndec.org)



*The Sisters of Notre Dame*

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