



Holy Wisdom Monastery features two main buildings: the Monastery, awarded the highest LEED certification and one of the “greenest” buildings in the U.S. and the newly renovated Retreat and Guest House; two hermitages and 138 acres of land, including restored prairies, a small glacial lake, woodlands, four miles of nature trails, gardens and orchards. The quiet reconnection to nature that the setting provides and the contemplative atmosphere at the monastery, are conducive to both personal time away and to group gatherings.

If anyone would like to stay the night before or the night of the workshop, please contact Amanda Conway, the Hospitality Coordinator directly at (608) 836-1631 ext 100. This is not included in the cost of the workshop.

Holy Wisdom Monastery is located at 4200 County M, Middleton, Wisconsin, just 20 minutes from downtown Madison.

---

### *Welcoming Prayer Workshop*

A daily practice of Centering Prayer is recommended as a prerequisite for the Welcoming Prayer program. This workshop introduces participants to the actual method of the Welcoming Prayer and provides an opportunity to practice. Many in the recovering community have found that along with their Centering Prayer practice, the Welcoming Prayer Practice is extremely helpful in maintaining serenity in their daily lives.

#### *Four Conferences of the Welcoming Prayer include the following:*

- Human Condition
- The Welcoming Prayer Practice
- More on Welcoming
- Fruits and Extending

Plus two times for Centering Prayer



---

# WELCOMING PRAYER WORKSHOP

---

Saturday, November 4, 2017

8:30am to 4:30pm

at

Holy Wisdom Monastery

4200 County Road M

Middleton, WI 53562

sponsored by

Contemplative Outreach of  
Madison

Presented by:

**Mary Dwyer**

from Bay Harbor, Florida, a  
longtime presenter of Centering  
Prayer and  
the Welcoming Prayer  
Practices

and a member of the Recovering  
Community

### *Definition*

The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life.

### *Purpose*

The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in ordinary activities. The Welcoming Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime by addressing them where they are stored—in the body. It contributes to the process of transformation in Christ initiated in Centering Prayer.

### *Freedom from the False Self*

The practice of Welcoming Prayer is an opportunity to make choices free of the false-self system—responding instead of reacting to the present moment. Through the action of the Holy Spirit, our practice empowers us to take appropriate action as freely and lovingly as possible in any situation that presents itself in our lives.

### *History*

Mary Mrozowski, one of the founders of Contemplative Outreach, formulated the Welcoming Prayer. She based it on the 17th century French spiritual classic *Abandonment to Divine Providence* by Jean-Pierre de Caussade as well as Fr. Keating's teachings and her own lived experience of transformation with its underlying attitude of surrender. The practice was so powerful in bringing about inner change that it soon spread throughout the Contemplative Outreach network.

"To welcome and to let go is one of the most radically loving, faith-filled gestures we can make in each moment of each day. It is an open-hearted embrace of all that is in ourselves and in the world."

—Mary Mrozowski



### *Registration form*

### *Welcoming Prayer Practice at*

**Holy Wisdom Monastery  
Saturday, November 4, 2017**

**Cost: \$25** Includes lunch  
(Scholarships available by calling 206-9960)

---

name

---

street address

---

city/state/zip

---

phone

---

e-mail

**Registrations are due by October 28 and  
will be limited**

Make checks payable to:  
Contemplative Outreach of Madison

Mail to:  
Trena Wendt  
4118 Buckeye Road  
Madison WI 53716