

A Heart of Prayer

Turning Our Hearts and Minds Toward God in All Things

Four Wednesday Evenings. 7–9 p.m.
October 19 & 26 and November 2 & 9

United Congregational Church, 6 Institute Road, Worcester

Prayer is at the heart of our life with God—our way of both talking with and listening to God.

At times, we find ourselves drawn to a regular rhythm of prayer;

at other times, we struggle to find the words or desire or time to pray.

This 4-week series will focus on developing a “heart of prayer”: praying for ourselves, for others, for creation and in all moments of our lives.

October 19—Praying with and for Creation

Led by Margaret Bullitt-Jonas

The ecological crisis calls out for prayer, and for the growing awareness that we belong to the Earth and that its web of life is holy. In the face of potentially catastrophic environmental disaster, how does God speak to us through the natural world? What spiritual practices can strengthen us to become healers of the Earth, so that “the hills before [us] shall burst into song, and all the trees of the field shall clap their hands” (*Isaiah 55:12*) This evening we will explore several ways of praying with and for the natural world.

The Rev. Margaret Bullitt-Jonas is an Episcopal priest (Grace Church, Amherst), writer, and noted retreat leader. Author of Holy Hunger and Christ's Passion, Our Passions, she taught courses on prayer and spiritual direction at Episcopal Divinity School (Cambridge, Mass.) for over 10 years. She has been active in Religious Witness for the Earth since her arrest in 2001 at the Department of Energy, Washington, D.C. Her website is: holyhunger.org.

October 26—Praying in Times of Difficulty

Led by Mary Beth Robinson

Difficult times may seem the norm for many these days. As a people of the Spirit, this program will invite us to share and listen to how the Spirit works in us and moves us during our difficult moments. We will listen to stories from Hebrew and Christian Scripture, stories of people who experience difficult times today, and reflect on our own experiences of praying or being unable to pray in difficult times. There will also be some time for a guided prayer experience.

Mary Beth Robinson is a spiritual director and currently works as a hospice bereavement and spiritual coordinator in Worcester. She has also worked as a prison chaplain in Norfolk, Mass. Mary Beth lived a missionary life for 34 years, and among those, lived seven years in Colombia, South America, and for six years animating other missionaries in Asia, Australia, South Africa, North America and Europe.

November 2—Praying for Peace and Persuing It

Led by Nancy Small

“Seek peace and pursue it” we are told in this familiar epistle verse (1 Pet. 3:11). Peace is something that most everyone wants. We pray for it. At times we plead for it. And we long for peace to take hold in our hearts and in the heart of our world. Prayer holds an important place in the pursuit of peace. It grounds us in God and guides us along the way. This program will explore the connection between cultivating peace in our world and cultivating peace in our souls. We will join together in a time of presentation, spiritual conversation, shared experiences, and prayers for peace.

Nancy Small is a spiritual director, hospice chaplain and retreat leader. She holds a Master of Divinity degree from Union Theological Seminary in New York and has published numerous articles on the spirituality of nonviolence and peacemaking. Her prior experience includes serving as the executive director of Pax Christi USA, a national Catholic peace organization. She was named a Pax Christi USA Ambassador of Peace in 2002.

November 9—Not Monks But Praying Always Anyways

Led by Nuala Cotter, R.A.

Most of us are not monks, with their well-defined “horarium,” the schedule of prayer that punctuates and gives meaning and structure to their days. As they themselves might say, their business is prayer, while ours can be many things, from study to family to job to—you name it. But living outside a monastery shouldn't disqualify us from making prayer our business as well. How we do that will be unique to each one, but some aspects of the monastic tradition can offer paths to follow or handrails to grasp as we seek to make praying throughout the day our own practice. During our evening together we'll explore some of these aspects and try a little basic chanting of the psalms as well.

Sr. Nuala Cotter is a member of the Religious of the Assumption, an international Roman Catholic congregation of sisters whose ministerial life is informed by their contemplative life, particularly by the daily celebration of the psalms, canticles and readings that make up the Divine Office.

Cost for the 4-week series is \$60, or \$15 per session; limited scholarship aid is available.

All sessions will be held at United Congregational Church, 6 Institute Road, Worcester.

For more information, please contact the Kairos Center at kairoscenter@allsaintsw.org or 508-752-3766, ext.19

REGISTRATION FORM “Heart of Prayer”

To register, please complete this form and mail with your check to:

Kairos Spiritual Life Center, All Saints Church, 10 Irving Street, Worcester, MA 01609

Name _____

Address _____

City _____ State _____ Zip _____

Telephone () _____

Email _____

Denomination/Congregation _____

Please check the sessions for which you are registering:

- Praying With and For Creation, Oct. 19 Praying for Peace, Nov. 2
 Praying in Times of Difficulty, Oct. 26 Not Monks, Nov. 9

Drop-ins welcome, but pre-registration helps plan set-up for the evening!

Enclosed is my check for \$ _____

- \$60 for all 4 sessions, or \$15 per session, for _____ sessions

Check payable to: All Saints Church
Memo: Kairos Center, Heart of Prayer