

Christian Meditation: Pure Prayer

Tuesday, April 21, 2009
9:30 a.m. – 3:00 p.m.



Presented by Phil Stone

In silence we learn the universal language of the Spirit. “Silence is God’s first language,” wrote 16th century mystic John of the Cross. More recently, John Main, OSB prayed: *“Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, ‘Maranatha ... Come, Lord Jesus.’”*

Phil Stone will introduce the basics of the practice of Christian meditation, as taught by John Main, OSB, a Benedictine monk who was one of the most profoundly influential spiritual teachers of the 20th century. Fr. Main’s genius was to recover the ancient Christian contemplative practice of the desert monks of “pure prayer” in which he discovered meditation using a mantra. His teaching presents a way into this ancient experience for ordinary people today. The great social and psychological distresses of our modern society call for a deep contemplative response and Fr. Main believed that each human being, whatever their lifestyle, is called to this contemplative depth.

The day will offer conferences, group sharing, a look into various forms of contemplative prayer, and the actual application of these forms. It will be time well spent in listening, prayer, and refreshment. Lunch will be served.

Phil Stone holds an MBA and is an engineer who found his true calling promoting and conducting retreats. He has directed retreats here and in other centers. He also leads contemplative prayer groups. Phil is a graduate of the The Shalem Institute’s Program “*Leading Contemplative Retreats*” and is the creator of FindtheDivine.com, an online directory of retreat centers.

The offering for the day is \$45.00. We ask for a non-refundable \$20.00 deposit with your reservation.