

# Prayer Methods in the Christian Tradition



**Jesus prayed. He went away to quiet places, stood in the synagogue and opened the scroll, knelt by the bed of the sick, and raised his eyes and hands in prayer on behalf of those he loved.**

**July 17-19, 2009**

**7:15 p.m. Friday to  
1:30 p.m. Sunday**

**Offering: \$250**

**“Our Father, who art in heaven,” (Mt 6:9; Luke 11:2)**

Jesus taught us how to pray through Word and example. The Lord’s Prayer is one of the most prayed and beloved prayers of all times. It is a compendium of theology and right living, and certainly a “school of prayer” in itself. It illumines various aspects of each of the three major types of prayer; *Vocal*, *Meditative*, and *Contemplative* upon which we will focus during this retreat. You will be guided in actual practice of these prayer types along with a thorough study of their historical development, scriptural roots, format & methods. Our guides will be some of the Holy men & women who have practiced these prayer types over the years. These people of prayer include Mother Teresa of Calcutta, John of the Cross, Teresa de Avila, Therese of Lisieux, Br. Roger of Taizé, Thomas Merton, Saint Ignatius of Loyola among others.

This retreat is open to all men & women, those beginning to learn about prayer and also for those with well developed prayer lives who are thirsting for more.

The weekend will include:

- Interactive Presentations by Directors
- Prayer, in common and privately
- Group Discussion & Sharing
- Vigil Mass for Sunday
- Opportunity for the Sacrament of Reconciliation

**The Directors:**

**Sr. June Fitzgerald, OP** has been on staff at Dominican Retreat since 2004. She holds an MA in Christian Spirituality and certification in Spiritual Direction and Directed Retreats. An avid storyteller and woman of prayer she seeks to help others find God in all areas of their lives.

**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.