



Painting by Tony Bryant

## Praying the Scripture with Spirituals

A Day of Song & Prayer with Sr. Thea Bowman

Friday, May 1, 2009  
9:30 a.m.— 3:00 p.m.

Presented by Cecilia Braveboy

Come to a retreat day of praying, singing and reflecting on the Living Word and the words of Sr. Thea through readings and audio visuals. Retreat director Cecilia Braveboy will guide participants to tell their faith stories through the eyes of the late Sr. Thea Bowman, F.S.P.A., a teacher, preacher, Good News bearer.

"Each spiritual is in its own way a prayer—a yearning or celebration of praise, petition, or contemplation, a simple lifting of heart, mind, voice and life to God... Let yourself become engaged, participatory, involved. Make a conscious effort to work your way into a mode or prayer that combines thought, memory, imagination, and bodily response, that demands action in the real world of every day."  
-Sr. Thea: Songs of My People.

Director: Cecilia Braveboy: In her parish at Our Lady Queen of Peace in Arlington Virginia, Cecilia is the foundress of a contemplative prayer ministry that has been meeting monthly for the past eleven years using scripture prayer, reflection, interracial dialogue, and retreat days. Cecilia is a retreat director, who for a number of years was on the staff of the Shalem Institute for Spiritual Formation. She is also the former director of the Washington/ Virginia Evening Program of Education for Parish Service.

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