

## WELCOMING PRAYER WORKSHOP

Led by Mary Dwyer

Friday, October 7, 2016 10AM-3PM

Registration

Name \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_  
Daytime Phone ( ) \_\_\_\_\_  
Email \_\_\_\_\_

**Cost: \$55.00 (Weekend retreatants: \$25)**  
**Please attach any special dietary needs  
and emergency contact information to this  
form.**

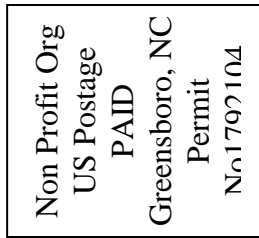
Make Checks Payable to:  
Nexus Journey. Mail to: 600 N. Elam Ave,  
Greensboro, NC 27408. You may also register  
by calling 336-323-8957 or online at  
[www.4thdayjourney.org](http://www.4thdayjourney.org). Credit cards may be  
used on line through PayPal.

If you cancel more than 30 days before the  
seminar, your payment will be refunded in  
full. If you cancel less than 30 days prior to  
the seminar, your payment will be refunded  
less a \$10 processing fee.

### WELCOMING PRAYER RETREAT OCTOBER 7-9, 2016 LED BY MARY DWYER

#### 3 SPACES AVAILABLE AVAILABLE

3 spaces are available at St Francis Springs  
Prayer Center for the Welcoming Prayer Retreat  
led by Mary Dwyer Oct. 7-9, 2016 due to  
cancellations. For full details to go  
[www.4thdayjourney.org](http://www.4thdayjourney.org). See box above to  
make reservations on a first come first-served  
basis.



Nexus Initiatives, Inc.  
600 N Elam Ave.  
Greensboro, NC 27408

## WELCOMING PRAYER WORKSHOP

FRIDAY OCTOBER 7, 2016

10 AM – 3 PM

LED BY MARY DWYER,  
INTERNATIONAL PRESENTER  
FOR WELCOMING PRAYER



LOCATION: HOLY TRINITY  
EPISCOPAL CHURCH  
607 N GREENE STREET  
GREENSBORO, NC 27401

CO-SPONSORED BY:  
NEXUS JOURNEY & THE SERVANT  
LEADERSHIP SCHOOL OF  
GREENSBORO

### **What is Nexus Journey?**

Nexus Journey seeks to provide a space for deepening one's spiritual journey with an emphasis upon Centering Prayer as a means of opening to the divine presence within us. Nexus Journey sponsors annual retreats at St Francis Springs Prayer Center near Greensboro and one day workshops on Centering Prayer. Retreat and workshop leaders have included Father William Meninger, one of the founders of Centering Prayer; Cynthia Bourgeault, a leading writer on the topic; Gail Fitzpatrick-Hopler, CEO of Contemplative Outreach; and Father Carl Arico, Vice President of Contemplative Outreach among others.

### **What is the Servant Leadership School?**

The Servant Leadership School of Greensboro invites participants to a deeper relationship with God and with others in community as we explore both an inward journey of personal transformation and an outward journey of sacred service.

### **Who is Mary Dwyer?**

Mary Dwyer has been involved with Centering Prayer and the Welcoming Prayer since the mid 1980's. She lived with Mary Mrozowski, the founder of the Welcoming Prayer practice, and others in the Chrysalis House in Warwick, New York where the Welcoming Prayer was first taught. Mary is former Chairperson of the Contemplative Outreach Faculty. She currently is National Coordinator for the Living Flame program and on the Welcoming Prayer Service Team.

Mary received her undergraduate degree from Georgetown University in Economics and was a banker and college administrator. After Chrysalis she became a Licensed Clinical Social Worker and lived in Erie, PA.

Mary now lives in Miami and devotes her time to giving retreats and workshops on behalf of Contemplative Outreach throughout the US and internationally.

### **Who is invited to attend the Workshop?**

Nexus Journey workshops are open to all who are seeking to deepen their spiritual journey.

### **How Do I Get to Holy Trinity Episcopal Church?**

Holy Trinity is located at 607 N. Greene Street near downtown Greensboro. Visit their website, [www.holy-trinity.com](http://www.holy-trinity.com), and click on "About Us" for directions.



### **What are the Details of the October 7 Workshop?**

The workshop will be offered from 10 A.M.-3:00 P.M. on Friday, October 7, 2016 at Holy Trinity Episcopal Church in Greensboro, NC.

### **What is the Cost of the Workshop?**

The cost of the workshop is \$55.00 (which includes lunch). For those who are registered for the Welcoming Prayer Retreat at St Francis Springs Prayer Center, the cost for the one day seminar will be \$25.00. Reservations may be made on a first-come, first-served basis : (1) on line at [www.4thdayjourney.org](http://www.4thdayjourney.org); (2) by calling 336-323-8957; or (3) by completing and mailing in the form in this brochure which includes contact information.

### **What is the Welcoming Prayer?**

The Welcoming Prayer is a method of actively letting go of thoughts and feelings that support the false-self system. It 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. The method of the Welcoming Prayer includes noticing the feelings, emotions, thoughts and sensations in your body, welcoming them and then letting them go. Practicing the Welcoming Prayer offers one the opportunity to make choices free of the false-self system – responding instead of reacting to the present moment.

The purpose of the Welcoming Prayer is to deepen one's relationship with God through consenting to God's presence and action in the ordinary activities of daily life. In this way, the Welcoming Prayer supports all forms of prayer, like Centering Prayer and Lectio Divina, which share the purpose of growing in relationship with God through consenting to His presence and action.