

# *Immanu-El God with Us*

## **Advent Centering Prayer Retreat**

Healing our Beginnings: A meditation of integrating Jesus' birth story and our own birth story. A path towards healing the trauma and circumstances of our own births.

(Taken from and inspired by the book: *Healing our Beginning* by Sheila, Dennis and Matthew Linn, Paulist Press)

*Therefore, the Holy One will give you a sign: This young woman will become pregnant and will give birth. You will name the child Immanu-El, God with us. ---Is 7:14*

## ***9-noon, December 5<sup>th</sup> on Zoom***

Gary Guthrie, Spiritual Director, will lead us through meditations reflecting on our own birth story. Each of us is called to be born at a particular time and in a particular situation in order to fulfill God's plan for the world. How does our birth story influence our lives? How do we draw strength from Jesus' birth story in our own life?

The morning will include Centering Prayer opportunities for contemplative sharing and silence for reflection. Prepare a quiet place within your home to enter into the experience.

Sponsored by **Contemplative Outreach of Central Iowa**. The link for the morning will be emailed to you on Friday Dec. 4. Register on our website: [centeriowa.org/events](http://centeriowa.org/events). A \$15 donation is appreciated. Send donations to COCI, 2226 Holliwell Valley Ct., Winterset, IA 50273.

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