

Prayer Practices is a certificate program to explore a wide variety of ways to approach a prayerful life. You will be able to learn to connect with the sacred in diverse ways in order to help guide others. If you are a spiritual director, pastor, pastoral counselor or work in a ministry, different prayer practices enrich your work with others. It is an opportunity to be grounded in your own practice and get to know new ways to let that personal prayer experience permeate your entire life. Each presenter will share how his/her/their own prayer practice has touched his/her/their own life(s).

Presenters' short bio:

Oblate Roy DeLeon:

Breath prayer: Licensed yoga/meditation teacher, scriptural stations of the cross presenter, Blessed Movements author: *Praying with the Body, Bringing the Psalms to life*



Sister Monika Ellis:

MA in school administration, concentration in counseling; Spiritual Direction Certification, 2009, Retreat Facilitator; Artist and Arts Instructor in various media; Composer and text writer of hymns; Listening with the Spirit, Year 1-2 Facilitator



Sister Anna-Camille Wooden:

Trained facilitator for Centering Prayer Contemplative Outreach; Spiritual and Retreat director



Oblate Ken Peterson:

Author of *Prayer as Night Falls: Experiencing Compline* (2013). He's given Priory programs on both Compline and the Liturgy of the Hours.



Sister Lucy Wynkoop:

MA Theology/Concentration in Scripture; taught all types of prayer in former programs and feel grounded in God's love by them.



Oblate Laura Tenisci:

MA Pastoral Studies, Seattle University ; SALT (Scripture and Leadership Training) Certificate ; Participated in 8-month Ignatian SEEL



Sister Julian Cleary:

Spiritual and retreat Director, advocate for justice issues; practices feline divina daily



Sister Sonja Weber

Lived in the traditions of Eastern Spirituality and appreciates the earnest seeker within all expressions of faiths and religions.



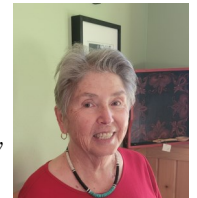
Sister Paz Vital

MA Theology and Ministry at Catholic Theological Union. spiritual Director. Retreat and workshop presenter.



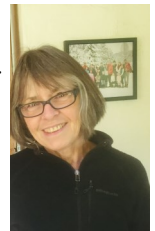
Oblate Kathryn Rickert:

Lifelong student & teacher of biblical spirituality, liturgical musician & author of *Talking Back to God* and working on *Unstable Connections & the Holy Strings*, inspired by the prophetic imagination, PhD



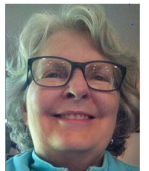
Oblate Susan Johnson

Writer and retired English teacher, integrates journaling and poetry in her prayer practice. Author of *The Call Home*.



Oblate Kathy Androes-

Downes: keeps company with Icons as a spiritual practice with a searching gaze and lent heart to co-create sacred images. Shares an illumined prayer path with Icons.



Oblate Don Cairns:

Retreat and workshop presenter. I use a variety of prayer forms: breath, centering prayer, psalms, yoga, rosary, and the presence of God.



Oblate Marilyn Freeman:

is an interdisciplinary artist working at the intersections of reckoning and resiliency, and film, and contemplative, creative and social practices.

Author of *Illuminated Space*



Each presenter will gift you with:

- His/her/their own story about the prayer practice she/he/they is presenting
- Understanding how to pray the prayer practice
- Some suggestions for how to use the prayer practice in a presentation to others
- Handouts for prayer teaching
- A group practice of the prayer

To register:

Go to this link:

<https://stplacid.org/programs-rg/2077/zoom-prayer-practices-certification-program/>

The cost of the Prayer Practices Certification Program is 500 for those who are able to pay more \$600

Please pay by Credit card on the program link or

Send a check to

The Priory Spirituality Center
500 College St NE/Lacey, WA 98516

\$400/\$600 by 9/26/22

Contact Janice at 360-438-2595 for a payment plan

9/18/23 \$500 or \$600

9/18/23 \$250 pr \$300

1/15/24 \$250 or \$300

9/18/23 \$62.50 or \$75

10/23/23 \$62.50 or \$75

1/15/24 \$62.50 or \$75

2/26/24 \$62.50 or \$75

Dates for the Certificate Program

Mondays 1-3pm on Zoom

09/18/23 Breath Prayer: Oblate Roy

09/25/23 Presence of God: Oblate Don Cairns

10/02/23 Lectio Divina: Sister Monika

10/16/23 Praying with Psalms: Sister Paz

10/23/23 Liturgy of the Hours: Oblate Ken

10/30/23 Qualities for Prayer: Sister Lucy

11/06/23 Centering Prayer: Sister Anna-Camille

11/20/23 Welcoming Prayer: Sister Anna-Camille

11/27/23 Jesus Prayer of the Heart: Sister Sonja

01/15/24 Lamentation: Kathryn Rickert;
Sister Julian

01/22/24 Ignatian Discernment: Oblate Laura

01/29/24 Examen: Sister Julian

02/05/24 Stations of the Cross: Oblate Roy

02/26/24 Cinema Divina: Marilyn Freeman

03/04/24 Celtic Prayer: Sister Lucy

03/18/24 Art Prayer: Sister Monika

03/25//24 Rosary: Oblate Laura

04/15/24 Poetry and Journaling as Prayer :
Oblate Susan

04/22//24 Praying with Icons: Oblate Kathy

04/29/24 Blessed Movements: Oblate Roy



Prayer Practices Certification Program 2023-2024



Photo by Sister Paz Vital

BENEDICTINE
SISTERS *St. Placid Priory*

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