



THE LIVING FLAME II PROGRAM

CONTEMPLATIVE OUTREACH PITTSBURGH

Registration Form

Dates: Saturdays, 9:00 am to 4:00 pm
September 11, October 9, November 13, February
12, March 12, April 9, May 14

Cost: \$225 for seven sessions, discounted to \$200
for those registering by June 30, 2010.
Please make checks payable to:
Contemplative Outreach Pittsburgh.
Contact RK McElhinny if you would like to
request scholarship support.

Location: St. Andrew's Episcopal Church, 5801
Hampton St., Highland Park

For more information, contact RK McElhinny
(412-461-5349) or (gmrk_1@comcast.net)

RECOMMENDED BACKGROUND

- Daily Centering Prayer practice for at least 6 months.
- Prayerful reading of *Open Mind, Open Heart* and *Invitation to Love*.
- Attended an Introduction to Centering Prayer workshop.
- Intention to attend all seven sessions.
- Some familiarity with the Spiritual Journey tapes

NOTE: Living Flame I participation is not a prerequisite for Living Flame II.

(Detach and Mail with Check)

Name _____

Address: _____

Phone Number: _____ Email: _____

Home Prayer Group (if any) _____

Please mail registration form and check to: RK McElhinny
5429 Mifflin Road
Pittsburgh, PA 15207