

" In this time  
of preparation  
for Christmas,  
let us cultivate  
interior  
recollection  
so as to receive  
and keep Jesus  
in our lives."

Benedict XVI

# Catholic Sources of Meditation and Prayer

## in Advent

Every Wednesday 7:30 p.m. — 9:00 p.m.  
November 25th — December 16th, 2009

**November 25th:**

**“We’ve Been Here Before”**

(in the midst of chaos and uncertainty)

by **Jack Costello, S.J.**, Professor, Toronto School of Theology.

**December 2nd:**

**“Meeting Great Meditators through Catholic Books”**

by **Joanne Kelly**, Religious Education Consultant (Ret’d).

**December 9th:**

**“Her Story is Our Story” (a meditator’s journey)**

by **Mila Nabor-Cuchan**, Masters in Spirituality, Regis College.

**December 16th:**

**“Encountering the Divine in Beauty”**

by **Joseph Clarkson**, Retired Catholic School Principal,  
Christian Meditation Retreat Director.

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