



REDEMPTORIST RENEWAL CENTER

AT PICTURE ROCKS

...a desert spiritual life center

The Redemptorist Renewal Center is pleased to announce:

PATHLESS PATH PUBLIC “SITTING”

Thursday afternoons, 4:30-6:00 p.m.

(Except Aug. 7, Sept. 4, Oct. 2, Dec. 4 & 25, 2008)



What is “sitting?”

Sitting is a spiritual practice common to many religions of the world. It has many names. Silent prayer, absorption and spiritual union are terms used in the Christian-oriented West. Zen is a school of Mahayana Buddhism. The earliest conceptual and practical beginnings of Zen lie in India, but its formation and evolution as an innovative religious movement lies in China. In our Contemplation Room/Zendo at the Redemptorist Renewal Center, we continue this rich spiritual tradition. Practitioners can sit on cushions, a bench or a chair.

Who can attend public “sitting”?

Anyone can attend. No prior experience or affiliation with a religious organization is necessary. Formal orientations are offered multiple times a year. These orientations address the essentials of sitting, including posture, rituals of each tradition and other basics

Why “sitting”?

A certain brother went to Abba Moses in Scete, and asked him for a good word. And the elder said to him: “Go, sit in your cell, and your cell will teach you everything.” *Wisdom of the Desert* by Thomas Merton.

For more information, please contact:

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