

## Seeing God in the Ordinary: Cultivating an attitude of Contemplation

A vibrant spiritual life of deep prayer requires the cultivation of a contemplative attitude. Such an attitude requires that we learn to listen, to be open and observant, recognizing the presence and activity of God everywhere and in even the smallest of ordinary experiences. As we learn to allow God's word and presence to affect our interior reactions to even the most mundane of daily events we gain a sense of wonder, an ability to experience life as both mystery and gift, and always as a moment of Divine grace.

Presented by Fr. Stephen T. Rehrauer, C.Ss.R.

Redemptorist Renewal Center 7101 W Picture Rocks Rd Tucson, AZ 85743 Saturday May 4, 2024 9:30 am – 1 pm (lunch included) \$45 Call 520.744.3400 to reserve a spot