



REDEMPTORIST RENEWAL CENTER

AT PICTURE ROCKS

...a desert spiritual life center

## Prayer of the Heart and Hesychastic Meditation

September 25-27, 2009

Father Lucien Coutu, C.S.C

# Prayer of the Heart

This workshop will center on the Jesus Prayer or Prayer of the Heart. Father Coutu will expatiate on the scriptural and theological background of the invocation:

*Lord Jesus Christ, Son of God, have mercy on me.* He will then give attention to the notions of light and theosis in Eastern Christian spirituality, as well as to the notions of the heart, hesychasm and desert. Time will be offered for private and communal monitored practice of the Jesus Prayer both as hesychastic meditation and as unceasing prayer.

Prior to the founding of Emmaus Center in 1971 in Montreal, Father Coutu, in the spirit of the Second Vatican Council, worked to foster interreligious and intercultural encounter with Buddhists, Hindus, Jews and Muslims in Montreal. For more than 30 years, the Holy Cross priest has worked to promote Hesychastic Meditation, or the "Prayer of the Heart." In 2007, the Canadian Conference of Catholic Bishops named him as its representative to the North American Orthodox-Catholic Theological Consultation.



Registration: The retreat begins Friday Sept. 25, 2009 with registration between 3:00-5:00 p.m. and ends at 12:00 pm with lunch on Sept. 27, 2009. The offering for weekend retreat is \$200.00 per person single; \$175 double; commuter is \$90. A \$35.00 non-refundable registration fee is required.

For registration, please write:

[office@desertrenewal.org](mailto:office@desertrenewal.org)

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RRC at dawn