



Apostolate of the Returning King

Introduction to Contemplative Prayer Weekend Retreat

The process of personal transformation is active and dynamic. We must be fully engaged in this process every day. We must have goals, resolutions and actively imagine what holiness looks like for us personally.

How will we speak? Pray? Serve?

In terms of recovering our minds from the overstimulation caused by too much entertainment and information, we introduce our formula for Contemplative Prayer. The goal is to give a methodology for allowing Jesus to actively direct and heal us. We know that Jesus wants to use our minds to do very important work in our souls.

The Catechism teaches that there are three types of prayer: vocal, meditative and contemplative prayer. This weekend retreat will help you learn one type of contemplative prayer.

WHEN? 9.16.2022 - 9.18.2022

WHERE? Malvern Retreat Centre, PA 19355

COST? \$325 (single) \$275 (double)

MORE INFORMATION: 610-644-0400

**DIRECTION
FOR OUR TIMES**

DIRECTIONFOROURTIMES.ORG

Contemplative Prayer is a dynamic, active form of prayer drawing on visualization and our imaginative faculties. It helps us to develop a personal, intimate relationship with God, who loves us uniquely.

REGISTER HERE: WWW.MALVERNRETREAT.COM/EVENTS



Anne, ARK

Foundress of The Apostolate of the Returning King

Anne is at the foundress of the international Catholic movement The Apostolate of the Returning King. This movement is for ordinary Catholics (and others) who wish to know and love God more deeply and personally. A mystical writer from the Diocese of Kimore, Ireland, Anne has authored many books which reveal her unique relationship to Heaven. All of her writings carry a formal Imprimatur from her local Bishop, Leo O'Reilly.

Margaret McGahon, MSc MIAHIP

Margaret McGahon is an accredited psychodynamic psychotherapist with a private practice in Galway. She is also a part time lecturer at NUIG, a trainer, and author of Trauma and Belief: An Irish Perspective. Margaret is the creator of our human development curriculum.

