



Silent Prayer is, in my opinion, simply an intimate exchange of friendship where we speak often, one on one, with the One who we know loves us.

Saint Teresa of Avila

Contact

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To learn more about Silent Prayer:

Website:

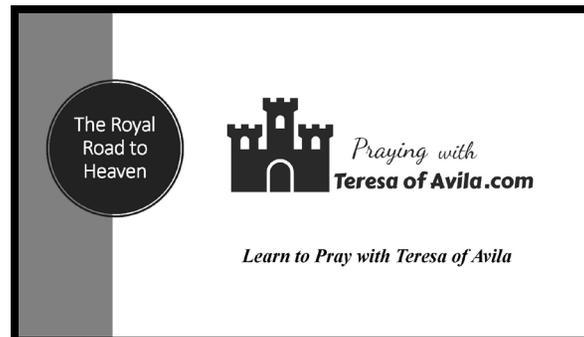
<http://prayingwithteresaofavila.com/>

YouTube Channel:

The Royal Road to Heaven

Where:

St. Augustine Catholic Church
Gingras Center, Basement
1419 V Street, NW
Washington, DC 20009

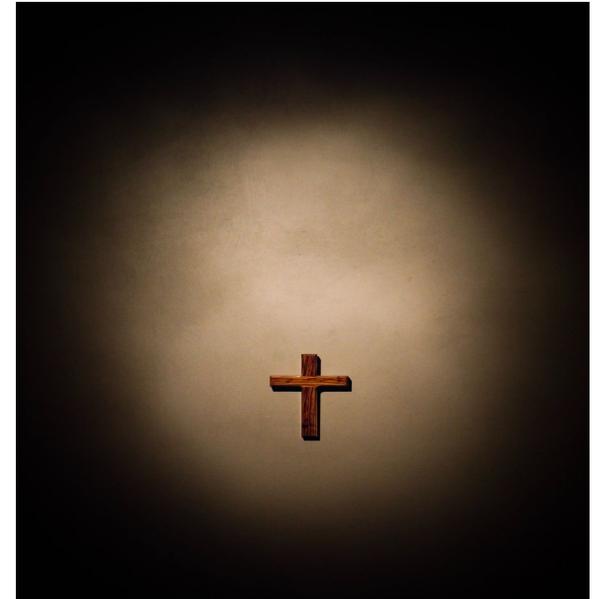


Silent Prayer

an encounter with CHRIST

Royal Road School of Silent Prayer

-Praying with Teresa of Avila-



More people than you would think would be capable of practicing interior prayer, but no one taught them. And, without an interior life, the baptized run out of breath, their actions become noisy gongs and even their religious practice, when it exists, dries up.”

John Paul II September 29, 1982

Silent prayer is a simple look turned towards Jesus. It is an intimate contact with the Living God. This prayer from the heart enables us to meet the person of Christ, to truly know ourselves and to give ourselves ever more fully to him.

The spiritual exercise is not a very complicated one but does require knowledge of a few basics to be initiated into this **heart to heart** with God who loved us first.

The **mission** of the school of prayer is precisely to help Christians develop a taste for a more concrete spiritual life through the practice of silent prayer that overflows into their relationships with others.

*Your life is only worth what your life
of silent prayer is worth.
Marthe Robin*

**Welcome to all those who are
seeking to deepen their relationship
with Christ!**

Presentations
Saturdays at 9:30 am
\$5 for Materials

9/28/19: What is Carmelite Prayer?

10/5/19: The Structure of Man

10/12/19: The Prayer of Recollection

10/19/19: Difficulties in Prayer

10/26/19: The Fruits of Prayer

11/2/19: Contemplation

12/7/19: **'Booster Shot'**

Agenda for each encounter:

-**Group discussion** on an aspect
of silent prayer;

-A **Presentation** on an aspect of
silent prayer;

-A Silent Prayer **Workshop**.

Participants are encouraged to gradually increase the daily time spent in silent prayer.

Ten minutes of silent prayer a day is suggested during the first week.

The time spent in silent prayer is gradually increased to attain 20-25 minutes a day by the end of the six-week program.

The program builds on itself each week so your regular attendance is encouraged.

Our only **goal** is that at the end of the six sessions each participant will find joy in praying alone and regularly.

*You can go to mass every day
and continue sinning a lot,
but you can't practice silent prayer
without making true spiritual
progress. Marthe Robin*