

*Taste and See:*  
*An Introduction to Spiritual Practices*  
*Saturday April 26, 9:30 – 2:00*  
*All Saints Church, 10 Irving Street, Worcester*

Come for a day of retreat, experience different spiritual practices, and learn more about the resources of the Kairos Spiritual Life Center.

*There are many different ways to pray, to open ourselves to God. Sometimes we find that the ways we have always prayed no longer seem to “work” for us; other times we struggle to pray or feel that we don’t know “how to pray”. This day offers an introduction to and experience of several different forms of prayer. Participants will be able to attend one morning and one afternoon workshop, and experience two of these spiritual practices in depth:*

***Labyrinth walk*** – an ancient form of prayer that invites us to reflect on our spiritual journey by walking a path that winds toward a center point and out again.

***Centering prayer*** – quiet prayer that helps to center us and ground us in God.

***Mindfulness-Based Stress Reduction*** – a process to help us reduce the stress of our life and improve our well-being.

***Praying with Scripture*** – reflecting on scripture in various ways to deepen our understanding of its meaning and relevance to our lives.

***Taize*** – a form of prayer in the spirit of the Taize community in France, blending song and silence.

***Reiki*** – a practice of healing touch intended to promote well-being and wholeness within the body.

***Spiritual Direction*** – intentional and prayerful listening for God’s presence and word in the midst of our lives.

This retreat will be led by members of the Kairos Center leadership team. The cost for the day is \$15, which includes lunch; scholarship aid is available. **Advance registration is required; please register by April 21**, either by email ([kairoscenter@allsaintsw.org](mailto:kairoscenter@allsaintsw.org)) or by mailing the registration form below to the Kairos Center. **For more information, call 508-752-3766, ext. 19 or email the Kairos Center.**

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**Registration Form: “Taste and See”**

*To register, please complete this form and mail to:*

***All Saints Church, 10 Irving St., Worcester, MA 01609***

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

Faith community \_\_\_\_\_

Check for \$15 enclosed, payable to All Saints Church; memo: *Kairos Center*