

St. Joseph Spirituality Center

Mission

St. Joseph Spirituality Center welcomes all people seeking a deeper and more profound love of God and neighbor by providing an environment of prayer, hospitality and community.

Directions

We are located at the Motherhouse of the Sisters of St. Joseph of Baden, just off Route 65 along the Ohio River. We are approximately 20 miles northwest of downtown Pittsburgh. If using GPS, we recommend using: 1020 W. State Street, Baden, PA 15005.

Visit Us Online

www.stjoseph-baden.org/spirituality
A full program brochure can be downloaded from our website.

Contact Us

St. Joseph Spirituality Center

724-869-6587

Spiritcenter@stjoseph-baden.org



St. Joseph Spirituality Center
1020 State Street
Baden, PA 15005



*Be still
and know that I am
God.* - Psalm 46:10

*Introduction to
Christian
Meditation*

Presented by
St. Joseph Spirituality Center
1020 State Street
Baden, PA 15005

Introduction to Christian Meditation

This six-week introductory course provides an opportunity for those interested in finding out about Christian meditation to experience the practice in a small group setting. We will learn about its origins and discover its relevance as a form of prayer for the contemporary world.

Dates/Themes

March 4

What is Christian meditation?

March 11

John Main

March 18

The roots of the tradition

March 25

The wheel of prayer

April 1

Leaving self behind

April 8

The fruits of meditation

Sessions: 6:30 - 7:45 PM

Cost: \$100 for the six-week series or \$20 per individual session.

About the Presenter



Sister Cynthia Comiskey serves on the U.S. Executive Council of the World Community for Christian Meditation. She has conducted workshops around the country on Christian meditation and teaching Christian meditation to children.

Sister Cynthia is a Licensed Clinical Social Worker (LCSW) in private practice. She previously ministered as an elementary teacher and school counselor.



*Meditation is a universal
spiritual practice that
brings us to silence,
stillness, and simplicity.
It guides us into the
prayer of Christ.*

Registration Form

Name _____

Address _____

Phone _____

Email _____

I am enclosing full payment of \$100 for six sessions.

I am enclosing payment of \$_____ for _____ sessions.

Please make checks payable to
Sisters of St. Joseph.

**Send registration form
and check to:**

St. Joseph Spirituality Center
Registration Coordinator
1020 State Street
Baden, PA 15005

