

Prayer Practices is a certificate program to explore a wide variety of ways to approach a prayerful life. You will learn to connect with the sacred in diverse ways in order to help guide others. If you are a spiritual director, pastor, pastoral counselor or work in a ministry, different prayer practices can enrich your work with others. It is an opportunity to be grounded in your own practice and get to know new ways to let that personal prayer experience permeate your entire life. Each presenter will share how her own prayer practice has touched her life.

Presenters' short bio:

Sr. Anna-Camille Wooden:

Trained facilitator for Centering Prayer Contemplative Outreach; Spiritual and Retreat director.



Sr. Julian Cleary:

Spiritual and retreat Director, advocate for justice issues; practices feline divina daily.



Sr. Monika Ellis:

MA in school administration, concentration in counseling; Spiritual Direction Certification, Retreat Facilitator; Artist and Arts Instructor; Composer; Listening with the Spirit Facilitator.



Sr. Laura Swan, OSB,

Writer and spiritual director, author of numerous books, including *The Forgotten Desert Mothers* and *The Wisdom of the Beguines*



Sr. Paz Vital

MA Theology and Ministry at Catholic Theological Union. spiritual Director. Retreat and workshop presenter.



Sr. Sonja Weber

Lived in the traditions of Eastern Spirituality and appreciates the earnest seeker within all expressions of faiths and religions.



BENEDICTINE
SISTERS *St. Placid Priory*

The Priory Spirituality Center
500 College St NE
Lacey, WA 98516-5339

360.438.2595
priorityprograms@stplacid.org
www.stplacid.org



Each Sister will gift you with:

- Her own story about the prayer practice she is presenting
- Understanding how to pray the prayer practice
- Some suggestions for how to use the prayer practice in a presentation to others
- Handouts for prayer teaching
- A group practice of the prayer

The cost of the one year Zoom Prayer Practices Certification Program is \$600

\$100 deposit due August 15, 2025 will be deducted from the cost of the program.

Payment options:

Pay full by August 25, 2025
Or pay half by August 25, 2025 & the balance by January 5, 2026

To register:

Scan QR code or visit
stplacid.org/spirituality-center
Or call **360-438-2595**
Priory Spirituality Center
500 College St NE/Lacey, WA 98516



If you need a payment plan please Contact Janice at 360-438-2595

Dates for the Certificate Program

Mondays 1-3pm on Zoom

2025

- Sep 1:** Welcoming Prayer Sr. Anna-Camille Wooden
- Sep 15: Praying with Liturgical Seasons Sr Monika Ellis
- Oct 6: Praying with Therese of Lisieux Sr Laura Swan
- Oct 20: Jesus Prayer of the Heart Sr. Sonja Weber
- Nov 3: Rosary Sr Julian Clearly
- Nov 17: Praying with Psalms Sr Paz Vital

2026

- Jan 5:** Liturgy of the Hours Sister Monika Ellis
- Jan 19: Mindfulness Prayer Sr. Sonja Weber
- Feb 2: Lectio Divina Sr. Anna-Camille
- Feb 16: Vita Divina -Lectio of Life Sr Paz Vital
- Mar 2: Lamentations Sr Laura Swan
- Mar 16: Stations of the Cross Sr Julian Clearly
- April 6: Centering Prayer Sr. Anna-Camille
- April 20: Art Prayer Sister Monika Ellis
- May 4: Interfaith Prayer Sr. Anna-Camille
- May 18: Examen: Sr Julian Clearly
- Jun 1: Buddhist Prayer Sr. Sonja Weber
- Jul 6: Praying with the Labyrinth Sr Paz Vital
- Jul 20: Contemplative Prayer Sr. Anna-Camille
- Aug 3: Praying with Icons Sr. Sonja Weber

Prayer Practices Certification Program

2025 -2026

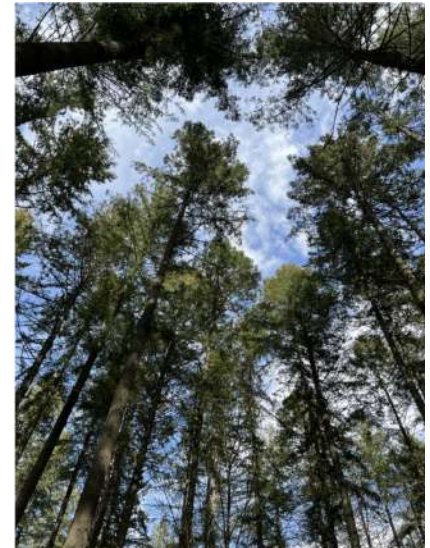


Photo by Sister Paz Vital



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