



# OUR SAVIOUR'S LUTHERAN CHURCH

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For Immediate Release

## **Our Saviour's to Host Spirituality Enrichment Retreat**

*Nationally Renowned Theologian Grace Brame to Lead Sessions Sept. 23-24*

**FAIRFIELD, Conn.**, September 6, 2005 – Nationally renowned theologian and author Dr. Grace Brame will lead a two-day retreat in Christian meditation and prayer at Our Saviour's Lutheran Church, September 23- 24. The public is invited.

Dr. Brame, professor of spirituality and theology in the graduate religion department of LaSalle University, Philadelphia, and author of such books as "Receptive Prayer" and "Faith, The Yes of the Heart," will lead the retreat, "Receptive Prayer: A Christian Approach to Meditation," beginning Friday, September 23, from 7:30 p.m. to 9:00 p.m., and concluding on Saturday, September 24, from 9:00 a.m. to 3:00 p.m. The cost is \$30, which includes lunch on Saturday and refreshments during breaks.

Dr. Brame's retreats on Christian meditation include spoken presentations, group music, her own singing, guided meditation, and time for worship and journaling. Attendees are asked to bring a Bible, notebook, pens and to wear comfortable clothes, and they should pray as far ahead as possible for what they and others need and want to receive, recording these intents and desires in their notebooks ahead of time.

"We welcome Grace Brame to Our Saviour's and look forward to a time of deep spiritual renewal with Dr. Brame as our guide," said the Rev. Mark Christoffersen, pastor of Our Saviour's. "Through music, group devotions, presentations, discussion and personal quiet time, the retreat should be a faith-enriching experience. Prepare to be nourished. Come thirsty!"

"Most of us pray that God will do something to us or for us. But God wants to do something in us and through us," said Dr. Brame. "That can be done only through our cooperation, through our yielding to him in Receptive Prayer, first in quietness; then in action. God wants to extend a ladder from heaven into our hearts and to reveal his light within us. Pushing ourselves and pleading with God will not make that happen. Only one thing may do it; that is learning to live and pray receptively."

For more information about the retreat, contact the church at (203) 255-0545. Our Saviour's is located at 160 Hill Farm Road (corner Duck Farm Road) in Fairfield.

### **About Our Saviour's**

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others."

Holy Communion is celebrated during worship services at 8:30 a.m. and 10:45 a.m. each Sunday. The church also offers Sunday School and Adult Forum programs at 9:30 a.m. For more information, please call (203) 255-0545 or visit us at [www.oursaviours.net](http://www.oursaviours.net).

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