



### Sr. Ann Koerner, CSA:

As *Mark 7:31-37* tells the story of how the faith of friends brought the deaf person to Jesus, so my life is scattered with family, friends, teachers, and others who have shown me the road to the healing, forgiving and loving God. Having entered religious life early in life, I was blessed to have prayer as my companion and a strong presence throughout my life. And I still remember the joy I experienced during a retreat when reading Thomas Keating's book "Open Mind, Open Heart" where I discovered Centering Prayer. I now know that I am not alone in this experience, for I hear others express this feeling as they too begin their journey with Centering Prayer and deepen their relationship with God.

I read in today's *New York Times*, about baseball umpires connecting to pray before their games and it reminded me of my experience every time I sit for Centering Prayer: "Knowing that there's a group ... and we are all going through the same journey and understand what it's like to be on this journey and to pray with them, gives one a sense of community," said David Rackley. "Prepare the best you can, and then go out and do the best you can, and let God take care of the rest."

Being involved with Contemplative Outreach of Southeast Wisconsin (COSEW) for the last twenty years has brought me great joy. I am grateful to all who have mentored me along the way. I find myself surrounded by a loving and supportive community. I am especially energized when I can be of service in a leadership position, as a spiritual guide, while facilitating retreats, and in informal gatherings. I feel at home, and I realize how very blessed I am.