

Comments from participants in the January 2017 8-Day Centering Prayer Retreat:

- I used to be so scared of silence—couldn't sleep without a TV show on or an audio book. Now I can sleep with my whole being resting in the arms of God.
- The atmosphere of the entire retreat was very supportive. There was a quiet respect that permeated the staff and was communicated to the retreatants. The opportunity to practice 3 times/day augmented by Fr. Keating's videos deepened my desire to practice.
- Upon reading my journal from the retreat, I recalled how "held" the sessions were in a space of being with God.
- The Spiritual Journey [videos] were enormously helpful and Father Keating was brilliant and funny.
- Father Sheehan's very personal Eucharist celebration reinforced our sense of community and purpose.
- The facilities were great. Comfortable bed and room. The food was "Bernie" good. I wanted to smack my lips after each bite. The staff preparing food, serving it and cleaning up after us did so with loving kindness.
- This was my first Centering Prayer retreat and I truly found this week to be the most important and transformational week of my life. I've been practicing Centering Prayer on and off for 5 years, and now I truly understand how it works and how beneficial it is for the unloading and purification of the false self. I am eternally grateful for the teachings and silence.