

Centering Prayer

9 - Day Silent Intensive I, Intensive II & Post Intensive Retreat

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

November 29 - December 7, 2023

Sponsored by Contemplative Outreach

Come rest in the stillness of prayer with other contemplative companions, away from the busyness of daily life, and allow the mind, body, and spirit to surrender to God’s presence and action within.

This retreat offers three tracks simultaneously: Intensive I, Intensive II and Post Intensive. For everyone, there will be 3 sets of two 30 minute periods of Centering Prayer daily. Intensive I and Intensive II will watch video talks from Fr. Thomas Keating’s Spiritual Journey. Intensive I focuses on “The Human Condition and the Spiritual Journey”. Intensive II focuses on “Divine Love: The Heart of the

Christian Spiritual Journey”. The Post Intensive has no videos and an additional hour of Centering Prayer each day. You choose the track that works best for you. Any of the tracks may be repeated multiple times. If this is your first Intensive retreat of this length, we suggest you choose Intensive I.

Lectio Divina and a contemplative Eucharist will be offered daily, as well as optional soul-friending with the staff. Throughout the retreat, we will be in grand silence.

Please choose which track you will follow below.

Pre-requisite: A daily practice of centering prayer for 6 months or longer.

The retreat will be facilitated by Marty Badgett, Peter Morgan, and Fr. Bill Sheehan, OMI. Marty, Peter, and Fr. Bill have served within the Contemplative Outreach network for many years and have led numerous Centering Prayer retreats and workshops.

The retreat begins Wednesday, November 29 with registration from 3:00 to 5:00, an opening session at 5:00pm, and dinner at 6:00pm. We end on Thursday, December 7 at 11:00am (lunch optional).

For more information, please contact Marty Badgett 650-862-5451 or mbadgettexas@gmail.com

Limited scholarship money is available to assist those who would otherwise be unable to attend. All of the scholarship money has been donated by former retreatants.

REGISTRATION FORM

9-Day Silent Intensive II & Post Intensive Centering Prayer Retreat - November 29 - December 7, 2023

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

\$750 resident (\$75 non-refundable deposit) ___ Visa ___ Mastercard ___ Amex Exp. Date _____ CID _____

Please choose which track you will follow: Intensive I Intensive II Post Intensive



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or register online at www.mercycenter.org