

# Centering Prayer

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

## 9-Day Silent Intensive Retreat

September 24 – October 2, 2020

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. You choose the track that works best for you. All tracks include 3 sets of three 20 minute periods of Centering Prayer daily. Intensive I and II view recorded talks from *The Spiritual Journey*, a 5-part series of talks by Thomas Keating.

**Intensive I** views selected talks from Parts 2 and 3. **Intensive II** views talks from Parts 3, 4, and 5. **Post Intensive Track**, normally for those who have previously participated in two or more Intensive Retreats, will have additional sessions of Centering Prayer and no group education time.

A daily contemplative Eucharist will be offered, as well as optional individual meetings with the staff. Throughout the retreat, we will be in silence.

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

An established practice of Centering Prayer for six months or longer is strongly suggested.

Retreat begins Thursday, September 24th with registration from 3:00 to 5:30; dinner @ 6:00; ends Friday, October 2nd after breakfast.

For more information, contact Susan Turpin at 541-324-1207 or email at [slturpin@me.com](mailto:slturpin@me.com) or Marty Badgett at 650-862-5451 or email at [mbadgettexas@gmail.com](mailto:mbadgettexas@gmail.com).



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Contemplative Outreach

### REGISTRATION FORM

9-Day Silent Intensive Centering Prayer Retreat - September 24-October 2, 2020

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Credit Card \_\_\_\_\_

\_\_\_ Visa \_\_\_ Mastercard \_\_\_ Amex Exp. Date \_\_\_\_\_ CID \_\_\_\_\_

\$650 resident (\$75 non-refundable deposit)



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019

or register online at [www.mercycenter.org](http://www.mercycenter.org)