

# Centering Prayer

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

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

### March 6 - March 14, 2024

*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. We recommend Intensive I before Intensive II.

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 silence.

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

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

The Retreat begins Wednesday, March 6 with registration from 3:00 to 5:00, an opening session at 5:00pm, and dinner at 6:00pm. We end on Thursday, March 14 at 11:00am (lunch optional).

For more information, contact Susan Turpin at 541-324-1207 or email her at [slturpin@me.com](mailto:slturpin@me.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 - March 6-14, 2024

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

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

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

☐ \$800 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](http://www.mercycenter.org)