

# Calming the Inner Storm

## *Taking Refuge in Silence*



This retreat will be offered online via ZOOM in the comfort of your own home or lodging. Everyone will participate in prayer, DVD's, and group sessions via Zoom.

This time away offers centering prayer sits, Lectio Divina, DVDs on contemplative presence against the backdrop of turbulent times, plus time alone to journal, walk, join in breath-work and Qi Gong exercises, or to connect with the Divine in your own way

### Virtual 3-Day Silent Centering Prayer Retreat January 29-31, 2021

*co-sponsored by*

**Mercy Center Auburn and COSSA**

Retreat begins Friday, January 29 with a brief introduction to the centering prayer practice from 6:30 to 8:00pm.

Check-in orientation begins Saturday, January 30th at 9:00am and runs through Sunday, January 31st, ending at 3:00pm.

For more information, contact Joyce Faidley at 916-225-4121 or [centercossa@gmail.com](mailto:centercossa@gmail.com) or Grace Sternad at 916-205-5603.

**\*COST: \$195.00** tuition is appreciated to enable Mercy Center to continue our retreat ministry into the future and to honor our facilitators' generosity of time. If tuition imposes a financial hardship, Mercy Center will offer scholarship to offset whatever amount the participant is able to offer.

#### VIRTUAL 3-DAY SILENT CENTERING PRAYER RETREAT

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

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

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

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

**COST: \$195.00** (\*see note above regarding tuition)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603 • 530-887-2019**

You may also call with a credit card number or register online at [www.mercycenter.org](http://www.mercycenter.org)

# Calming the Inner Storm: Taking Refuge in Silence

January 29-31, 2021

## Retreat Schedule

### Friday, January 29

6:30-8:00 Brief Introduction to Centering Prayer

### Saturday, January 30

9:00 Welcome and Check-in

9:40 Centering Prayer (2) 20-minute sessions

10:50 Qigong (5 minutes)

“Spirituality in Everyday Life” with Thomas Keating - DVD and Discussion

Optional Reflection Assignment

12:00-2:00 LUNCH with Contemplative Free Time

2:00 Qigong (20 minutes)

Centering Prayer (2) 20-minute sessions

3:40 “Spirituality in Everyday Life” with Thomas Keating - DVD and Discussion

Optional Reflection Assignment

5:00-7:00 DINNER

7:00-8:00 Lectio Divina with (1) Centering Prayer session

### Sunday, January 31

9:00 Centering Prayer (2) 20-minute sessions

10:15 Qigong (10 minutes)

10:25 “A Life Surrendered to Love- Thomas Keating” - DVD and optional sharing

Optional Reflection Assignment

12:00-1:30 LUNCH with Contemplative Free Time

1:30 Qigong (10 minutes) with Centering Prayer (1) 20-minute session

2:20 Final Sharing. May God bless you as your spiritual journey continues.

