

Engaging the Silence

A Deepening of Centering Prayer

A 5-Day Silent Retreat
with Sr. Suzanne Dunn &
Br. Roy Parker



Come, savor the rest and deepening of contemplative prayer with other contemplative companions, and rest in the stillness uniquely afforded by several days practice of learning to listen more deeply and engaging the silence within.

- Extensive sessions daily of Centering Prayer, interspersed with walking meditation.
- Portions of Thomas Keating's teaching, with discussion offered on a voluntary basis.
- Opportunity to consult individually with Br. Roy or Sr. Suzanne.
- Engaging in Scripture and Sunday Eucharistic Liturgy.

This retreat is open only to those who have an on-going practice of Centering Prayer and who have had at least one silent weekend retreat experience. The extended contemplative practice opens one to the continuing mystery of transformation into the mind of Christ.

Retreat Leaders:

Sr. Suzanne Dunn is a spiritual director, retreat leader, and co-coordinator of the Santa Barbara/Ventura Chapter of Contemplative Outreach. She is the spiritual leader of the Beatitudes Community in Santa Barbara.

Br. Roy Parker is a spiritual director, retreat leader and Episcopal priest who lives in community with the Brothers of the Holy Cross in Santa Barbara. He is a singer of chant and a gifted calligrapher.

Roy and Suzanne have been facilitating Centering Prayer groups and retreats for many years and currently co-facilitate the monthly Saturday Centering Prayer Practice retreats at La Casa.

DATE:	December 1 - 5, 2010 Wednesday, 7:30 pm, to Sunday, 1 pm.
FEE:	\$550 Includes shared room, board and tuition. \$400 commuter rate (Partial scholarships are available; please inquire.)
SEND TO:	La Casa de Maria Retreat Center, 800 El Bosque Road, Santa Barbara, CA 93108 Phone 805-969-5031; FAX 805-969-2759 Or register online at: www.lacasademaria.org .

REGISTRATION FOR: "Engaging the Silence" December 1 - 5, 2010

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

ENCLOSED: _____ \$100 non-refundable deposit or _____ \$550/person residential. \$400 Commuter. (Full Payment 11/21)