

YOUR INNER ROOM

A Centering Prayer Retreat with Rev. Bill Sheehan, OMI

Friday, November 4, 2011, 6:00 p.m. until
Sunday, November 6, 2011, 1:00 p.m.
\$265/\$225 Commuter



*"But when you pray,
go to your inner room, close the door,
and pray to your Father in secret.
And your Father who sees in secret will repay you." Mathew 6:6*

Two questions arise from this text:

How do we access our inner room? and What begins to happen in our inner room?

These questions give us an opportunity to review the practice of Centering Prayer and to look deeply into the healing that Centering Prayer can bring.

In this retreat, we will create a contemplative community grounded in Silence through several periods of Centering Prayer. There will also be time for rest and reflection, walking Mercy's beautiful oak-studded acres and outdoor labyrinth, and the possibility of receiving healing body work.

Rev. Bill Sheehan, OMI, is an experienced retreat director and has led many Centering Prayer workshops and retreats, including many 11th step retreats. He has been involved with Contemplative Outreach, founded by Fr. Thomas Keating, OCSO, since 1983, practicing centering prayer and guiding others in this way of prayer for more than 25 years. He is a member of the Oblates of Mary Immaculate order and lives in an Oblate House of Prayer in Lowell, Massachusetts.

To register, please call 650.340.7454 or go to our web page at www.mercy-center.org.



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