

Centering Prayer Intensive/Post-Intensive A Silent Retreat

Sunday, May 21, 2017 at 6:00 p.m. to
Saturday, May 27, 2017 at 10:00 a.m.
\$635/\$535 Commuter

Contemplative prayer is a process of interior transformation. A restructuring of consciousness takes place which empowers one to perceive, relate, and respond with increasing sensitivity to the divine presence in, through, and beyond everything that exists.

Thomas Keating



Enter into a more profound level of spiritual practice in a time of silence & community. Our retreat offers two tracks this year:

Intensive – designed to intensify one’s practice of Centering Prayer and to provide a conceptual framework for the prayer through viewing Thomas Keating’s video series on “The Spiritual Journey.”

Post-Intensive – running concurrently, designed for those who are already familiar with “The Spiritual Journey.” There will be additional time for Centering Prayer and daily Lectio Divina.

This retreat is for those who have some experience of Centering Prayer. Each day includes several periods of Centering Prayer and walking meditation, liturgy, free time for being in nature, reflection, rest, and opportunity for gentle yoga and bodywork.

Catherine Regan Ph.D. is a spiritual director, clinical psychologist, and adjunct program staff member at Mercy Center where she coordinates the Centering Prayer Program. Her great interest is in the renewal of contemplative practices as a path of transformation - of ourselves and of our world.

Joy Andrews Hayter, Ph.D. is a spiritual director dedicated to fostering Centering Prayer and other contemplative practices that help us become aware of God's ever-present love. As a Professor Emerita of chemistry, she sees in the physical world an expression of that love.

Bill McLennan is a Camaldoli Oblate and practitioner of Centering Prayer for 22 years. He is the Communication Manager for Contemplative Outreach of Northern California, maintaining their website and email distribution list. He co-facilitates Centering Prayer retreats and Introductory Workshops.



Please register at www.mercy-center.org or telephone 650-340-7454.

Registration closes May 13, 2016



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