

Midwest Area Calendar of Events

January 2018

ILLINOIS

January and February 2018—New Year's Centering Prayer Refresher | 6 Jan -20 Feb 9 – 11 AM

Location: St Patrick Church of Merna
Room 10
1001 N Towanda Barnes Rd.
Bloomington, IL 61705

Description: This *Centering Prayer Refresher* is for all those who have ever participated in an Introductory Centering Prayer Workshop. If you would like to refresh, renew and further develop your centering prayer practice, please join us for a 6-week video series from Contemplative Outreach entitled “*Six Continuing Sessions.*” There will be a session of centering prayer, a video by Father Keating, which offers further development of the information provided in the Introductory Centering Prayer workshop, with a discussion to follow. **Join us for all or a few sessions.**

Cost: None

Registration: Text or call Anne Colloto at 309-830-3231 or email at acolloto@gmail.com

February – April 2018—Living Wisdom Series | 9 AM – 3:30 PM

Location: St Mark's Lutheran Church
200 S Wille Street
Mt Prospect, IL 60056

Description: A new series of workshops in 2018 will continue our exploration of the Wisdom Tradition, in the lineage of Cynthia Bourgeault. Contemplative Outreach Chicago presents a new series of three full day workshops, each dedicated to a theme of wisdom in the Christian contemplative tradition. The vision of this program is to deepen the contemplative wisdom in each participant.

The program consists of three Saturday workshops at St. Mark's Lutheran Church in Mount Prospect, Illinois:

- **February 17: *G.I. Gurdjieff and the Fourth Way***, with David Orth
Georges Ivanovitch Gurdjieff was the Greek-Armenian teacher who brought the enneagram to the attention of the West. This workshop will introduce the life and teaching of Gurdjieff, and how his “esoteric Christianity” reintroduces a large body of practical wisdom lost to the mainstream Christian West – wisdom useful to contemplative work – some would say essential.
- **March 24: *Spirituality from the Ground Up***, with Jeff Ediger
*Who did the people who met Jesus say he was? Those who resonated with what he had to say thought of him as a moshel meshalim; that is, a wisdom teacher. His parables, like the book of **Proverbs**, spoke of the mundane as well as the transcendent. And the fact is that both realms — the mundane and the transcendent — are part of what it means to be human. The challenge is to integrate these realms. We can achieve a more well-rounded spirituality by becoming familiar with this ancient wisdom tradition out of which Jesus the Sage spoke.*
- **April 14: *Wisdom of the Gospel of Thomas***, with Alan Krema
The Thomas Gospel is a compilation of 114 sayings attributed to Jesus (called logoi, “words”), similar to the logoi in the book of Proverbs, that are not arranged in any chronological or topical order. Some of the sayings closely parallel sayings that appear in the Gospels, some are similar, and nearly half appear nowhere in Scripture. The logia can be used to lead us into a way of knowing the teaching of Jesus as a path to follow and a work to do. This is the inner work of the Christian wisdom tradition.

Cost: \$40 per workshop. (Scholarships available.)

Registration: [Register online](#) or use this [mail-in form](#).

Questions: Please send an email to get.info@centeringprayerchicago.org

First Thursdays thru June 7, 2018—12 Step Evening Book Club. Divine Therapy and addiction: Centering Prayer and the 12 Steps | 1st Thursdays 6:00 – 7:30 PM

Location: Benet House
St. Mary Monastery
2200 88th Avenue West
Rock Island, IL 61201

Description: Reading and discussion will be based on Fr. Thomas Keating's book and DVD presentations. Keating reflects on the wisdom of the 12 Steps and the similarities with centering prayer and Lectio Divina. This book study offers an opportunity to apply the 12 Step guiding principles to your own life and addictions. **UNABLE TO DRIVE AT NIGHT DURING THE WINTER?** Inquire about using Skype, Facetime or Zoom to continue your participation during those months.

Optional: Bring your dinner after 5 pm for social ahead of book club.

Facilitator: Sr. Bobbi Bussan, OSB

Cost: \$60 for the series. Book purchased on your own.

Registration: [Online](#) or call 309-283-2109

February 9-11, 2018 — From the Mind to the Heart: An Exploration of Intuitive Wisdom on the Spiritual Journey
Room check-in begins at 4:00 PM on Friday. Dinner is served at 6:00. The retreat begins at 7:00.

Location: Portiuncula Center for Prayer
9263 West Saint Francis Road
Frankfort, IL 60423

Description: The retreat will explore the embodied Wisdom dimension of the spiritual journey. We will explore attentiveness to our wholeness in mind and heart and how this can deepen presence in Centering Prayer, Welcoming Prayer, and Lectio Divina. Those present will be offered opportunities to access our interior being through the heart as an embodied connection to Christian contemplative spirituality. This is primarily a silent communal retreat punctuated with small conferences and some time for optional sharing. Saturday meals will be in silence.

Presenter: Alan Crema

Cost: Lodger \$230.00/\$210.00 double occupancy includes two nights lodging, five meals and materials; Commuters \$140.00 including five meals and materials

Registration: [Online](#) or [Mail](#)

[More Information](#)

February 24, 2018 — Lectio for Lent | 9 – 11 AM

Location: Benet House
St. Mary Monastery
2200 88th Ave W
Rock Island, IL 61201

Description: This morning retreat will provide an opportunity to reflect on the Lenten Season using the ancient form of prayer, Lectio Divina. This experience of Lectio will break open your Lent in a new way.

Presenter: Sr. Margaret Murphy OSB and Linda Clewell, Oblate

Cost: \$25.00

Registration: [Online](#)

April 19 - 22, 2018 — Centering Prayer Retreat: You Are Invited...Entering the Divine Dance | Thurs. 4:30 PM – Sun. 1:00 PM

Location: Benet House
St. Mary Monastery
2200 88th Ave W
Rock Island, IL 61201

Description: Deepen your experience of Centering Prayer during this silent retreat. In addition to periods of centering prayer, there will be daily teachings, opportunities to pray Lectio Divina, and individual conferences. Three months' experience of daily Centering practice is required.

Presenter: Central Illinois Contemplative Outreach Retreat Team

Cost: Register and pay in full by July 24: \$235. Registrations and payments after July 24: \$250. Private rooms.

Registration: Contact Sr. Jackie at 309-283-2108 or use the [Online](#) form.

August 24 – 26, 2018—Seven Mansions Weekend | Fri. 4:30 PM – Sun. 1 PM

Location: Benet House
St. Mary Monastery
2200 88th Ave W
Rock Island, IL 61201

Description: Come away for a special Retreat/Conference weekend, offering sacred space and time to explore the Seven Mansions of Teresa of Avila's Interior Castle. Teresa is one of Christianity's great mystics and teachers. The Interior Castle is her final work and one of the most profound literary works on contemplation and experiential mysticism. Together we will reflect on the light of Teresa's timeless insights into the human soul, its journey towards God, and how Teresa's teaching is relevant to our personal contemporary spiritual journey today. This retreat/conference includes presentations, small group process with periods of Centering Prayer, reflection and silence.

Presenter: Susan Komis

Cost: Register and pay in full by July 24: \$235. Registrations and payments after July 24: \$250. Private rooms.

Registration: Contact Sr. Jackie at 309-283-2108 or use the [online form](#).

August 26 – 31, 2018—5 Day Post-Intensive Retreat | Sun. 6:00 PM – Fri. 4 PM

Location: Benet House
St. Mary Monastery
2200 88th Ave W
Rock Island, IL 61201

Description: The Centering Prayer Post Intensive Retreat is an opportunity for more extensive periods of Centering Prayer to deepen the personal practice of contemplative prayer. The Post Intensive Retreat focuses more on complete silence for the duration of the retreat with no educational component presented. All meals are silent with no conversation. A minimum of one year regular practice of Centering Prayer is a prerequisite to attend a Post-Intensive Retreat.

Presenter: Susan Komis

Cost: Register and pay in full by July 26: \$490. Registrations and payments after July 26: \$505.

Registration: Contact Sr. Jackie at 309-283-2108 or use the [online form](#).

August 22 – 31, 2018—COMBINE THE WEEKEND AND POST INTENSIVE RETREATS | Fri. Aug. 24 (Arrival: 4:30 pm; Soup supper: 5:30 pm; Retreat opening: 7 pm) -- Fri. Aug. 31, 4 pm

Description: Start with St. Teresa's Seven Mansions and stay for the Post-Intensive Retreat.

Cost: Register and pay in full by July 24: \$680. Registrations and payments after July 24: \$695.

Registration: Contact Sr. Jackie at 309-283-2108 or use the [online form](#).

UPCOMING EVENTS YOU MAY WANT TO CONSIDER...

January 21, 2018—Merton Society Lectures | 6:00 – 7:30 PM

Location: Immaculate Conception Parish
Rectory Assembly
7211 W. Talcott
Chicago, IL 60631

- **January 21, 2018:** Jon Sweeney on “A Course in Christian Mysticism”

Cost: Freewill Offering

More Information: Mike Brennan at 773-447-3989

RSVP: cc.itms@gmail.com

INDIANA

January 13 - November 10, 2018—Living Flame Program Series | Seven Saturdays from 9:00 AM - 4:00 PM

Location: St. Luke’s United Methodist Church
100 W 86th St.
Indianapolis, IN 46260

Description: Contemplative Outreach 2018 is pleased to bring the Living Flame Program series to Indianapolis. Please see the attached brochure for information and registration.

Living Flame is a series of seven, full-day gatherings spread over the course of one year. Each of the seven days includes periods of prayer, and discussion, but the heart of each day’s program will be a presentation by a nationally recognized Contemplative Outreach teacher on a specific aspect of the practice of Centering Prayer. Marilyn Webb, the National Service Team Leader of the Living Flame Program describes this panel of presenters as “excellent speakers who have a history of dedication to Centering Prayer and Contemplative Outreach.”

Living Flame participants will learn more about the background needed to support and enrich a faithful practice of Centering Prayer. They will develop a better understanding of the purification process and the benefits of divine therapy. They will have the opportunity to both give and receive spiritual companionship. They will also learn how to discern when psychological skills can be useful tools.

Dates:

January 13, 2018	Refinement of Centering Prayer	Cherry Hastens
February 10, 2018	Lectio Divina	Mike Potter
March 10, 2018	The Human Condition	Mary Dwyer
April 14, 2018	Divine Therapy	Susan Komis
September 8, 2018	The Dark Night of Sense	Shawn Kafader
October 13, 2018	The Welcoming Prayer Practice	Therese Saulnier
November 10, 2018	The Discernment Practice	Rickey Cotton

Cost: \$190 for those registering by September 30, 2017. \$210 after September 30

This price includes all seven day-long sessions, materials, and snacks. Each participant should bring a brown bag lunch.

Registration: Attendance to the Living Flame is limited. Individuals who want to participate in this program should register as soon as possible [Mail in form](#)

Information: Linda Farley lleafarley@aol.com or 317-430-3822 [Download brochure](#)



Monday Evenings—11th Step Prayer and Meditation Meeting| 6 PM

Location: Cedar Heights Community Presbyterian Church
2015 Rainbow Dr.
Cedar Falls, IA 50613

Format: A group meets at 6 pm on Monday nights at the Cedar Heights Community Presbyterian Church for 20 minutes of silence before the 6:30 AL-Anon meeting.

Contact: 319-232-6835

Two Thursdays per Month—12 Step Outreach: Contemplative Dimensions of the 12 Steps/ Exploring Centering Prayer as an 11th Step Practice|

Location: Covenant Christian Church
2700 72nd Street
Urbandale, Iowa

Format: One hour meeting, including 20 minutes of centering prayer followed by discussion. We are currently reading *The Naked Now*, by Richard Rohr. Richard Rohr, a global leader in spiritual awakening, helps you recognize the forces (such as ego resistance and dual thinking) that separate you from your deeper self. Then, drawing from the Gospels and the greatest Christian contemplatives, he shows you what it means to be spiritually awake.

Contact: Paul Witmer at Paul.Witmer@CenterIowa.org 515-240-1653

“While it is not an AA meeting, we follow the traditions and respect anonymity.”

In 2001, The [12 Step Outreach program](http://www.cp12stepoutreach.org) of Contemplative Outreach was established to offer Centering Prayer to people in all 12 Step fellowships as an 11th Step prayer/meditation practice... For those who live by the 12 Steps found in AA, Al-Anon, SCA, OA, DA, NA, GA, and other programs, a Centering Prayer practice can be a key support system in the process of recovery and transformation. Centering Prayer can help deepen our application of the 12 Steps generally, and the 11th Step specifically, through daily immersion in prayer and meditation. We believe that, when applied as a daily supplement to the 12 Steps, Centering Prayer open us to the deepest dimension of spirituality. For more information, please see our website: www.cp12stepoutreach.org

January 13, 2017—Contemplative Lounge | 9 AM - 11:30 AM

Location: Faith Lutheran Church
10395 University Avenue
Clive, IA 50325

Description: Join in this informal conversation about the practice of Centering Prayer and its facilitation of living contemplatively. Whether you're a new or seasoned practitioner, we'll learn from one another as we share our experiences of Centering Prayer and questions that come from those experiences. For instance: “How can a practice that is supposed to be so simple, seem so hard?” “Why don't I seem to be getting anywhere with this prayer?” “Aren't all types of meditation the same?” “Is it really necessary to do two periods of centering a day?” Myths and misunderstandings about contemplation in general and Centering Prayer, specifically, abound. The morning will include two periods of Centering Prayer and refreshments.

Facilitator: Kathy Reardon, spiritual director and commissioned teacher of Centering Prayer.

Cost: Free will offering

Registration: Cheri Grauer at 515-979-1988 or cheri.grauer@gmail.com

Three Midwest Wisdom Schools | Mon. 7 PM – Thurs. Lunch

Location: Shalom Spirituality Center
1001 Davis St.
Dubuque, IA 52001

Description: If you are longing to go deeper in your Centering Prayer practice, and perhaps yearning for a community of like-hearted seekers, you are invited to participate in one or more Wisdom Schools being offered next year at the Shalom Spirituality Center in Dubuque:

- **February 5-8, 2018** – [*Mary Magdalene as Unitive Wisdom*](#)
- **August 6-9, 2018** – [*Surrendering Into Presence \(Centering Prayer and Non-duality\)*](#)
- **Oct 15-18, 2018** – [*Placing Our Mind in Our Heart \(Introductory Level Wisdom School, Part A\)*](#)

Presenter: Beth O'Brien is a Benedictine oblate and a long-time Centering Prayer practitioner. She has been a direct student of Cynthia Bourgeault. In 2014, she received Cynthia's blessing to teach and carry forth the Wisdom lineage.

Cost: Each session has the following cost--\$460 includes meals + lodging / \$300 includes meals only

Registration: [By mail](#) or [online](#).

March 2-3, 2018—18-Hour Lenten Retreat | Friday 5 PM –Sunday at Noon

Location: Central Presbyterian Church
3829 Grand Ave.
Des Moines, IA 50312

Description: Beginning with a simple supper on Friday evening and concluding with lunch on Saturday, we'll share about 18 hours of silence, prayer and reflection. In addition to ample Centering Prayer time shared together, other spiritual disciplines will be offered for prayer, inner work and worship.

Cost: \$55.00

Registration: Paul Witmer, 515.240.1653 or paulwitmer@msn.com .

March 30, 2018—Seven Sacred Pauses | Times throughout the day

Location: Covenant Christian Church
2700 72nd Street
Urbandale, IA 50322

Description: You are invited to honor Good Friday with 30 minutes of silence at the following times: 6:00, 8:00, 10:00 a.m.; noon; 2:00, 4:00 and 6:00 pm

Information: Paul Witmer, 515-240-1653 or paulwitmer@msn.com .

May 4 - 6, 2018-- Weekend Centering Prayer/11-step Retreat |Fri. 6 PM – Sun. 11:30 AM

Location: Christian Conference Center
5064 Lincoln St.
Newton, IA 50208

Description: This is our 3rd annual 12 step Centering Prayer retreat for folks in recovery (and their families and friends) who practice Centering Prayer as an 11th Step discipline.

Cost: \$190 for double occupancy; \$210 for single. **Please register.**

Registration: Paul Witmer, 515-240-1653/paulwitmer@msn.com or Judy Proksa, 515-745-1913/judy.proksa@gmail.com.

June 3 – June 9, 2018—7-Day Intensive Centering Prayer Retreat | Sunday 5 PM – Saturday 11:00 AM

Location: Our Lady of the Prairie
2664 145th Ave
Wheatland, IA 52777

Description: An immersion in silence and practice of contemplative prayer. Limited material available for the inexperienced; includes silent, group meditation that empowers the individual prayer practice. Some personal spiritual direction is included.

Facilitators: Stephanie Haskins and Paul Witmer

Cost: \$500.00

Registration: Call Sr. Rae Elwood CHM at 563-336-8414, or email her at olpretreat@gmail.com. Send U.S. Post registrations to:

OLPR Retreats
820 West Central Park Avenue
Davenport, IA 52804-1900

UPCOMING EVENTS YOU MAY WANT TO CONSIDER...

February 17, 2018-- Making the Passion of Christ, His Suffering, Relevant in our Lives Today| 8:30 AM - Noon

Location: Grace Lutheran Church
1140 E High St.
Davenport, IA 52803

Description: “The Stations of the Cross (or Via Dolorosa: The Way of Sadness) is an ancient Christian prayer that immerses us in the experience of the last hours of Christ’s life. At each of these 14 ‘stations,’ we prayerfully reflect on Christ’s suffering for our salvation and are called to respond to the suffering Christ in our world,” he adds. Father Grant will use great works of Christian art and music, along with today’s news headlines, to heighten our experience of the Passion. He also will use history and theology to interpret the meaning of that experience and will offer guidance on how to lean on one another for help to embrace the Way of the Cross.

Presenter: Fr. Bud Grant Ph.D., professor of theology and director of the Academy for the Study of St. Ambrose of Milan at St. Ambrose University in Davenport.

Cost: Free

Registration: Call Holly Swain at 563-322-0769

April 21, 2018-- Earth Day Labyrinth Walk| 9:30 AM – 12:30 PM

Location: Covenant Christian Church/Santosha Yoga Studio
2700 72nd Street
Urbandale, IA 50322

Description: celebrate the earth’s riches and graces with a morning of walking meditation, exploring the spiritual gifts of the Labyrinth. There are 5 labyrinths to choose from at the Labyrinth Park now hosted at Covenant Christian Church. We are partnering with Santosha Yoga, a cooperative yoga studio next door to Covenant Christian Church. Come share the beautiful space, indoors and outdoors as we experience embodied, prayerful movement.

Information: Paul Witmer, 515-240-1653 or paulwitmer@msn.com.

KANSAS

Silent Saturdays| 9 AM – 11:30 AM

Location: Sanctuary of Hope
2601 Ridge Avenue
Kansas City, Kansas 66102

Dates for 2018: February 10, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 6, November 10, and December 15.

Cost: Suggested donation of \$10.00

Registration: contemplativeoutreachKC@gmail.com

Lent 2018—Praying with the Mystics: Experiencing Quiet Prayer |Tuesday 7 -8:30 PM or Wednesday 10 -11:30 AM

Location: St. Elizabeth Catholic Church
2 East 75th Street
Kansas City, Missouri 64114

Tuesday Evening Dates: February 13, 20, 27 March 6, 13, and 20

Wednesday Morning Dates: February 14, 21, 28 March 7, 14, and 21

Presenter: Sr. Theresa Elias OSB

Cost: Suggested donation of \$100.00 (\$15.00 deposit)

Registration: 816-561-6855 or tmelias@gmail.com

February 27, 2018—Introduction to the Welcoming Prayer | 10 AM – 4 PM

Location: Sophia Center
Mount Saint Scholastica
801 S 8th St
Atchison, KS 66002

Description: The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the daily activities of our day. The Welcoming Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime. Through the action of the Holy Spirit, the practice empowers us to take appropriate action as freely and lovingly as possible in any situation that presents itself.

Presenter: Rev. Dr. Dennie Oades

Cost: \$45 (deposit: \$10, non-refundable)

Registration: [Register online](#) by February 17.

March 9 - March 11, 2018—Centering Prayer Weekend Retreat | Friday 5 PM –Sunday at Noon

Location: Sophia Center
Mount Saint Scholastica
801 S 8th St
Atchison, KS 66002

Cost: Approximately \$265 which will include 2 nights lodging and 5 meals.

Registration: www.sophiaspiritualitycenter.org

KENTUCKY

Ongoing Saturday Morning Prayer| 10:30 AM – 12:30 PM

Location: Cor Unum Spiritual Center
1908 Tyler Land
Louisville, KY

Description: Lectio Divina, Centering Prayer and Scripture Study; DVD presentation and discussion

Contact: Elayne Roose 502-451-1738 corunum@mail.com

January 20 – May 19, 2018—Living Flame: A National Level Formation Program | 9AM – 4 PM

Location: St. Bernadette Catholic Church Parish Center
6500 Saint Bernadette Avenue
Prospect, KY 40059

Description: This extraordinary program includes seven full-day offerings of in-depth spiritual study presented over a seven month period by commissioned presenters of various national Service Teams of Contemplative Outreach, LTD. Designed to teach the vital conceptual background needed to support a faithful practice of Centering Prayer, the program also offers encouragement and support in a small community setting, heightens the awareness of the purification process, helps discern when psychological skills can be helpful tools and provides the opportunity to give and receive spiritual companionship.

Cost: \$275/Non-refundable \$75 deposit with registration

Registration: By mail. [Download brochure and registration form.](#)

More Information: Judy Sharer 270-765-7108 / jsharer@bbtel.com Jan Carter 859-533-7497 or jcarter2322@gmail.com

March 1 – 4, 2018—Centering Prayer Weekend Retreat | Thurs. 5:30 PM – Sun. 1:00 PM

Location: Knobs Haven Retreat Center
Loretto Motherhouse
515 Nerinx Rd.
Nerinx, KY 40049

Description: A silent retreat offering silence and solitude with several periods of Centering Prayer in community each day and video presentations that support Centering Prayer.

Facilitators: Judy Sharer and Sharon Allen

Cost: \$225/Thurs. through Sun. \$150.00/Fri. through Sun. Includes \$50.00 non-refundable deposit.

Registration: By mail. [Download brochure and registration form.](#)

Information: Sharon Allen 502-417-8721 or skasallen13@gmail.com

MICHIGAN

The following West Michigan groups are 'open' groups, meaning anyone can join at any time:

Grand Rapids

Catholic Information Center
360 Division Ave S
Grand Rapids, MI 49503

Meeting: Tuesday 7 PM

Facilitator: Tom Kartes
616-942-6695
t.kartes@comcast.net

Kalamazoo

St Joseph Parish
Bennett Building Library
936 Lake Street
Kalamazoo, MI 49001

Meeting: 1st and 3rd Sunday of month
4 PM to 5:30 PM

Facilitator: Jim Carow
269-345-5270
jim@carow.us

Muskegon

St Gregory Episcopal Church
1200 Seminole Rd
Muskegon, MI 49441

Meeting: Wednesday 7 PM

Facilitator: Lisa Bayne
231-780-3580
omabayne@earthlink.net

Contact the facilitator if you would like to join, or if you have any questions about the practice.

MINNESOTA

January 21, 2018—Seeing with the Eyes of the Heart | 1:00 PM – 3:30 PM

Location: Minneapolis Institute of Art
2400 Third Avenue South
Minneapolis, Minnesota 55404

Description: After a 20 minute centering prayer session near the rotunda, we will break into groups of 4 and be led through the Museum Sage process by a team of expert guides. Within the small groups, each participant will find their way to an individual work of art, and through a series of questions and guided dialogue, they will receive insight into their life and spiritual journey.

The experience is both personal and communal. When Sister Virginia went through the process, she likened it to Visio Divina, and remarked that being an observer participant was just as powerful as going through the process herself.

Cost: \$35.00

Registration: [Online](#) or send a check made payable to MN Contemplative Outreach to:

Adam Gordon
1116 Raymond Avenue
Saint Paul, MN 55108

February 23 -28, 2018—the School of Lectio Divina | Fri 1 PM – Wed 1 PM

Location: St. Paul's Monastery
2675 Benet Road
St. Paul, MN 55109

Description: The School of Lectio Divina adapts the ancient monastic riches of sustained lectio divina to contemporary people. Through an intensive retreat experience set in the rhythm of life at St. Paul's Monastery, participants receive teaching about lectio, spend time meditating on a sacred text significant for them, have the opportunity for individual spiritual direction, and participate in reflective conversation with other participants. In addition, the Benedictine Center will provide a variety of on-going support activities and resources after the retreat to help participants make sustained lectio core to individual prayer and spiritual development. Limit 12.

Based on the observations of master teachers of lectio divina, this experience works best for those who have had some initial experience with the practice of lectio divina and seek to foster a commitment to sustaining it. Participants need to be comfortable with silence, willing to trust the process, and contribute to mutual learning. Familiarity with the Benedictine tradition is helpful, but not essential.

Because of the intense nature of this experience, we limit enrollment to 15 participants. The application process helps clarify expectations and enables the staff to determine whether there is a good match between people's personal goals and backgrounds and the outcomes of this spiritual development process.

Cost: Single – \$700.00 Handicap accessible rooms are available

Registration: To learn more and register online, [click here](#).

February 24, 2018—That We May Be One: Day of Silence and Reflection | 9 AM – 3 PM

Location: Plymouth Congregational Church
1900 Nicollet Ave S
Minneapolis, MN 55403

Description: The cold and darkness of winter invite us not only to come indoors, but to turn inward toward a deeper relationship with God. Join fellow travelers on the contemplative journey for a one-day retreat of silence and reflection, held in the beautiful Chapel of Plymouth Congregational Church. Periods of Centering Prayer will be interspersed with opportunities for enrichment and reflection, including Lectio Divina, and shared viewing of video excerpts from *That We May Be One*, a series of conversations with Father Keating.

Please bring a brown bag lunch. Light continental breakfast, healthy snacks, and beverages will be provided.

Cost: \$20.00

Registration: [Online](#) or send a check made payable to *MN Contemplative Outreach* to the address below:

Adam Gordon
1116 Raymond Avenue
Saint Paul, MN 55108

May 18, 2018—Introduction to Centering Prayer | 9 AM – 2:30 PM

Location: St. Paul's Monastery
2675 Benet Road
St. Paul, MN 55109

Description: This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God's invitation to deeper relationship.

Presenter: Sr. Virginia Matter OSB

Cost: \$25.00 includes lunch

Registration: [Online](#)

More Information: Contact Guest Services at 651-777-7251 or email benedictinecenter@stpaulsmonastery

August 10 - 15, 2018—Centering Prayer and Lectio Divina Retreat | Fri. 7 PM – Wed. 1PM

Location: St. Paul's Monastery
2675 Benet Road
St. Paul, MN 55109

Description: Experience a time of profound silence and praying the Scriptures as you enter into deeper relationship with God and self. Blends a rhythm of centering prayer, lectio divina, and prayer with the monastic community.

Presenters: Sr. Virginia Matter OSB and Carol Quest

Cost: \$375 includes lodging and meals; \$150 thru Sunday only

Registration: [Online](#)

More Information: Contact Guest Services at 651-777-7251 or email benedictinecenter@stpaulsmonastery

MISSOURI

February 2 – 4, 2017—The Seven Mansions of the Interior Castle | Fri. 5 PM – Sun. 1 PM

Location: Marianist Retreat Conference Center
Hwy. 109, PO Box 718
Eureka, MO 63025

Description: INTERIOR CASTLE is one of the most celebrated books on mystical theology in existence.



Join us for a special retreat weekend, offering sacred space and time to explore the Seven Mansions of Teresa of Avila's Interior Castle. Teresa is one of Christianity's great mystics and teachers. The Seven Mansions of the Interior Castle is her final work and one of the most profound literary works on contemplation and experiential mysticism. Prayer stood at the center of Teresa's teaching. Her fidelity to prayer was a means of deepening her intimate relationship with God. She considered a life of prayer in terms of love. Together we will reflect on the light of Teresa's timeless insights into the human soul, its journey towards God, and how Teresa's teaching is relevant to our personal contemporary spiritual journey today.

Presenters: Susan Komis-- Susan is the former Director of Chapter Programs & Services of Contemplative Outreach and continues to serve as a commissioned presenter and retreat director. She is a Pastoral Minister and has been active in adult faith development, spiritual direction and inter-spiritual dialogue.

Cost: \$190.00 single/\$170.00 shared room for couples/\$94.00 commuter

Registration: [You can access the registration form by clicking this link.](#)

NEBRASKA

April 21 – 28, 2018—Eight Day Intensive-Post Intensive Retreat | Friday at 7 PM – 1 PM Sunday

Location: St. Benedict Center
Schuyler, NE

Description: This is a dual track retreat. **The Intensive Retreat** provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. Prerequisites: Have a regular practice of centering prayer. Prior Centering Prayer retreat experience is desirable but not required. **Post intensive retreats** are for those who have cultivated a taste for silence and are looking for increased periods of Centering Prayer, silence (Grand Silence), and solitude while on retreat. Prerequisites: Prior Centering Prayer Retreat experience is required.

For more information send an email to Cathy Christiansen at centering@nebraskacontemplativeoutreach.org

July 15 -22, 2018—Eight Day Advanced and Post Intensive Retreat | Sunday at 4 PM – 1 PM Sunday

Location: St. Benedict's Abbey & Retreat Center
12605 224th Ave
Benet Lake, WI 53102

Description: Centering Prayer retreats immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach, Ltd. The Advanced/Post Intensive retreats will allow the participants to come together for centering prayer, Lectio Divina and meal times. The retreat will provide an atmosphere of silence, solitude and community. The Advanced Retreat and Post Intensive prerequisite is an experience of an Intensive Retreat.

Presenters: Kathryn Ann Kobelinski, SSND and Ann Koerner, CSA

Cost: \$715.00. A non-refundable deposit of \$75.00 must be included with the registration form. The balance is due on July 1. Partial scholarships are available upon written request.

Registration: [Mail-in form](#)