



# 6 Day Retreat August 21-26, 2022

## Intensive/Post Intensive Retreat

*This retreat is an opportunity for practitioners of Centering Prayer to deepen their contemplative journey in the contemporary world. It is a six-day experience of integrating contemplation and action through silence, solitude and community.*

*Both tracks of this retreat provide daily experiences of silence, solitude, walking and spiritual companionship to foster an ever-deepening level of interior silence and awareness of the presence of God in everyday life.*

**The Intensive Retreat:** is for people who have completed an Introductory Workshop and have a regular practice of Centering Prayer. You will view a video each day from the Spiritual Journey Video Series by Fr Thomas Keating with small group discussion.

**The Post Intensive Retreat:** is for those people who have previously made an Eight Day Intensive Retreat. The Post-Intensive offers increased silence and additional periods of Centering Prayer.

King's House Retreat and Renewal Center  
700 N 66th St., Belleville, IL 62223

**Arrival:** Sunday, August 21st at 4:00 p.m.

**Departure:** Friday, August 26th at 1:00 p.m.

**Cost:** \$590 includes private room w/ bath & all meals

*For questions contact Kathy Dunn at [hkdunn890@gmail.com](mailto:hkdunn890@gmail.com)*



Retreat Director  
Rev Matthew Flatley

Registration Online at [centeringprayerstl.org](http://centeringprayerstl.org) via the Pay Pal/credit/debit card options  
\$150 non-refundable deposit is due with your registration  
The balance of \$440 is due by August 8th. Your registration will be confirmed by email.

**Early Bird: \$565** when registration & \$150 deposit is received by **May 1st** Balance \$415 due Aug 8th

*Partial scholarships available.*

### Registration by Mail

Mail form with check payable to Contemplative Outreach of St Louis to:  
COSTL c/o Bill Schwindt, 4809 Cayuga Dr., St Louis, MO 63123

Name \_\_\_\_\_

Intensive Retreat \_\_\_\_\_

Address \_\_\_\_\_

Post-Intensive Retreat \_\_\_\_\_

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Dietary Restrictions \_\_\_\_\_

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Email: \_\_\_\_\_

*Sponsored by Contemplative Outreach  
of St Louis*