

RENEWING THE CHRISTIAN CONTEMPLATIVE TRADITION

AN INTRODUCTION TO CENTERING PRAYER RETREAT

NOVEMBER 11–13, 2011

SHALOM HOUSE RETREAT CENTER, MONTPELIER, VA



Centering prayer can be the threshold for contemplative prayer and many have experienced this ancient practice as an opening to God's gift of contemplation. This weekend retreat will include both teachings and experiences of centering prayer as well as times for talking about the practice in group and on a one to one basis. Participants will be beginners and those who would like to deepen their established practice of centering prayer.

Leadership:

April Swofford is a commissioned Contemplative Outreach, Ltd, presenter and has led numerous retreats and workshops on centering prayer. April's own daily commitment to the centering prayer practice has greatly enriched her life.

Information:

Call Shalom House Retreat Center at (804) 883-6149 or visit
<http://www.shalomhouseretreatcenter.com>

Cost \$200 includes overnight accommodations (single occupancy) and six meals. To reserve a space, please send a \$75 deposit and completed registration form to: Shalom House, P.O. Box 196, Montpelier, VA 23192

I wish to attend the Centering Prayer retreat at Shalom House on November 11-13, 2011.

() Enclosed is my deposit of \$75.

() Enclosed is my full registration fee of \$200.

Name _____

Address _____ Phone Number _____

City _____ State _____ Zip _____

Email Address _____ (for confirmation)

Mail to: Shalom House, P.O. Box 196, Montpelier, VA 23192

INTRODUCTION

“Our awareness of the supportive presence of God is outside of and beyond our power to express in word or conceive in thought. This gift of contemplative prayer is not a way of thinking. It’s much more a way of not thinking. It’s not a way of talking; it finally moves beyond words into silence. It moves into the mystery that is too deep for words. Prayer must lead us beyond mind, words, and ideas to a more spacious place where God has a chance to get in.

While the prayer of words is an attempt to express to ourselves our dependence on the great mystery, the prayer of silence is not so much to express, but to experience, that dependence. We acknowledge and rejoice that we are the beloved, created out of nothing. I sit as content as a child on its mother’s lap. I sit and wait until I know that truth in my body. Silence leads us to that kind of reveling in the mother’s arms, reveling in the silence that follows making love. There are no words. There is nothing to say, just the knowledge that “it is good, it is very good,” as in [Genesis 1](#), “the beginning of it all.” Richard, Rohr, [Everything Belongs](#), pg 149

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The retreat is designed for participants to have an experience of interior silence. Silence will be encouraged most of the time.

Offering:

The offering is \$200 for this retreat and includes two nights of single accommodation (towels and linens are included), two breakfasts, two lunches and two dinners. Deposit at registration is \$75

What to Bring

Casual, comfortable clothes

Notepad or journal and writing implements

Personal toiletries

Sweater & rain jacket or umbrella

Walking shoes

Bible

Location:

Shalom House Retreat Center

15340 Robert Terrell Road

Montpelier, Virginia 23192

<http://www.shalomhouseretreatcenter.com>

(804) 883-6149



“TENTATIVE RETREAT

SCHEDULE”

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Renewing the Christian Contemplative Tradition

Friday, November 11

- 2:00pm Arrival, registration, room assignments, free time to explore and get acclimated
- 6:00pm Dinner (with conversation)
- 7:30pm Orientation with short introduction of the method
- 9:00pm 10 minutes of silent prayer – retire in silence

Saturday, November 12

- 7:00am Wake up bell
- 7:30am Morning prayer
- 8:00am Breakfast in silence (with reading from Open Mind, Open Heart)
- 9:30am Conference #1 - Prayer as Relationship
Conference #2 - The Method
Centering prayer period
- 12:30pm Lunch (in silence) with reading
- 1:30pm Soul friending / free time
- 3:30pm Centering prayer period
- 4:00pm Conference #3 – Thoughts and use of Sacred Word followed by prayer period
some may use this time to go to mass
- 6:00pm Dinner (in silence) with reading
- 7:15pm Gather for group sharing and Evening prayer (retire in silence)

Sunday, November 13

- 7:00am Wake up bell
- 7:30am Morning prayer – 2 periods of centering prayer with contemplative walk
- 8:45am Breakfast (in silence) with reading
- 11:45am Conference #4 – Deepening Our Relationship with God and conclusion
- 1:00pm Lunch with conversation and departure