



# Pray Without Ceasing A Post-Intensive 8-Day Centering Prayer Retreat

September 20-27, 2019

St. Benedict Center  
Schuyler, Nebraska

**This Post-Intensive Retreat** will consist of continuous periods of Centering Prayer from before sunrise until the dinner hour, with breaks for meals. Attendees may participate in as much prayer as they are called to. Short pauses for entering and leaving the silence will be offered every 30 minutes. There will be no teaching and no reading during this immersion in silence. Those who wish may attend daily mass at the Priory. Veteran retreat leaders Chris Frantsvog and Paul Witmer look forward to hosting you for this journey into deep silence.

**St. Benedict Center** in Schuyler, Nebraska is a marvel of beauty, both inside and out. The large pond, adorned by the statue of St. Benedict, circled by a lovely walk will provide many hours of contemplative walking. The grounds also feature Stations of the Cross, and other areas for enjoying the outdoors.

**Cost is \$650**, which includes single occupancy room with private bathroom, and all meals. A limited number of double occupancy rooms are available. Please visit with Chris Frantsvog about prices, scholarships, restrictions you have: (515) 306-1221.



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

[www.CenterIowa.org](http://www.CenterIowa.org)

Space is limited; please register at  
**[centeriowa.org](http://centeriowa.org)**