



The Spirit of Forgiveness

A 12-Step Centering Prayer Retreat

July 10-12

Our Lady of the Prairie

Retreat, Wheatland, IA

Join us for a time to explore Centering Prayer as an integral part of your 12-step recovery program. Prior knowledge of Centering Prayer or other silent meditation practice is desirable, but not required. We will also explore important principles of forgiveness as part of recovery and the spiritual journey. This retreat is 12-step supported and will include at least one (open)12-step meeting.

Set among 200 acres of restored prairie, Our Lady of the Prairie Retreat is a lovely setting for spiritual renewal, quiet reflection and time away. The registration fee of \$125 covers meals, lodging and program.

*To register call Claudia Scharf, CHM Phone: 563-336-8414
email: olpretreat@gmail.com; Online: www.chmiowa.org/retreat*



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org

Arrival is beginning at 3 p.m. on Friday, with our first meal at 5:30. Departure is at 11 a.m. on Sunday. For more information contact paulwitmer@msn.com 515.240.1653

12-Step Centering Prayer Retreat
“The Spirit of Forgiveness”
July 10-12, Our Lady of the Prairie
Proposed Schedule

Friday, July 10

3:00-5:30 Arrival and Check-In
5:30 Supper Provided
6:30 Welcome and Orientation in Centering Prayer Room
 Brief Introduction to Centering Prayer and The Weekend’s Theme
8:00 Centering Prayer (30 minutes)
8:30 **Conference I: Setting the Theme**
 “The Spirit of Forgiveness”
9:00 Silence Begins

Saturday, July 11

7:30 a.m. Centering Prayer (1 x 30 minutes)
8:15 Breakfast (silence)
9:00 Centering Prayer (1 x 30 minutes)
9:30 **Conference II**
 “The Principles of Forgiveness”

11:00 Centering Prayer (1 x 30 minutes)
12:00 p.m. Lunch (silence)
1:00 Centering Prayer (1 x 30 minutes)
1:30 **Conference III**
 “The Forgiveness Prayer”

2:30 Free Time
4:30 Optional Centering Prayer (1 x 45 minutes)
5:30 Dinner (with talking)
7:30 Optional 12-Step meeting (1 hour)

Sunday, July 12

7:00 a.m. Centering Prayer (2 x 30 with contemplative walk)
8:15 Breakfast
9:30 **Conference IV**
 “The Forgiveness Prayer”
 Sharing Insights and Discoveries

11:00 Depart