



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



Retreat Director
Rev Matthew Flatley

Registration Online at 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 _____

Dietary Restrictions _____

Email: _____

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