



# toward emptiness

## A Post-Intensive 8-Day Centering Prayer Retreat

July 14-21, 2023

Benet House

Retreat Center

Rock Island, IL

**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. Veteran retreat leaders Chris Frantsvog and Paul Witmer look forward to hosting you for this journey into deep silence.

[Benet House Retreat Center](#) is a retreat center run by the sisters of St. Benedict. Built in 2001 as a place apart to seek the Holy One for persons of all faiths, Benet House offers a setting of peace, beauty and tranquility for all.

**Cost is \$780**, which includes room with private bathroom and all meals. (A continental breakfast will be served in the retreat house. Other full meals will be served in the monastery dining room) A limited number of double occupancy rooms are available (\$710). Please visit with Paul Witmer about scholarships or other questions : (515) 240-1653. Payment is expected in full upon registrations. No spots will be held without full payment being received.

Registration deadline is **June 25, 2023**. Space is limited; please register at:

[centeriowa.org](http://centeriowa.org)



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

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

**COVID:** All retreatants must be fully vaccinated with proof, complete a short Covid questionnaire upon arrival, and wear a mask when going through the buffet line at the monastery.