

Going Inward: Autumn Rest and Renewal

An Intensive/Post-Intensive
8-Day Centering
Prayer Retreat

*September 27-October 4, 2025
Benet Center Rock Island, IL*



This Intensive/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. This Grand Silence will be bracketed with teaching videos featuring Thomas Keating's Spiritual Journey Series.

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

Cost is \$650, which includes room with private bathroom facilities and all meals. A limited number of double occupancy rooms are available for \$575.

Please visit with Chris Frantsvog about prices, scholarships or restrictions you have: (515) 306-1221 or email him at iowatreefarmer@hotmail.com. For more information, and to register please visit centeriowa.org.

[Benet House Retreat Center](#)

The Sisters of St. Benedict invite you to lovely Benet House Retreat Center at St. Mary Monastery, Rock Island, Illinois. 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. Benet House is situated atop a hill overlooking woods and lake. Walking paths provide you with quiet and solitude.

The cost of this retreat has been lowered by \$200 per participant due to a grant from the Contemplative Outreach Divine Economy Fund. This Fund is dedicated to making Father Thomas Keating's teachings in retreats accessible to Centering Prayer practitioners.



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org