



Deepening Centering Prayer

This INTENSIVE CENTERING PRAYER retreat provides an opportunity to more deeply immerse yourself in the spiritual practice of Centering Prayer, as taught by Contemplative Outreach, Ltd. The silent retreat features up to three hours of Centering Prayer each day, two videos from Fr. Thomas Keating's *"The Spiritual Journey"* as well as evening Mass. There are also silent meals, spiritual reading and soul friending provided by the retreat leaders. Before attending this retreat, one should have an established daily practice of Centering Prayer for at least six months.

**September 15-19,
2019**

Begins Sunday with supper
at 5:30 p.m. Concludes
Thursday at 11:30 a.m.



**Fee: \$330 (includes \$50
non-refundable deposit)**

**Please register by:
August 30, 2019**

Retreat Leaders: Fr. Carl Arico and Roseanne Havird

Father Carl is a founding member and current Governing Board member of Contemplative Outreach, Ltd. He has presented workshops and retreats on Centering Prayer for both priests and the laity in the United States as well as internationally.

Roseanne Havird has been a Contemplative Outreach presenter for over 17 years, giving workshops on Centering Prayer as well as on Lectio Divina in the Northeast as well as in the Atlanta, Georgia area.



Please print and return this section with your deposit to:
Mother Boniface Spirituality Center, 3501 Solly Ave., Philadelphia, PA 19136
Deepening Centering Prayer

Name: _____ M _____ F _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Amt. Enclosed: _____

Please make checks payable to: Missionary Servants of the Most Blessed Trinity or M.S.B.T.
Any questions please call 267-350-1830 or email: mbcretreat@msbt.org.