



**Be  
Still  
and know  
I am  
Your God**

## **Centering Prayer Retreat**

**May 29-31, 2009**

**7:15 p.m. Friday to 3:00 p.m. Sunday**

**“Be Still.”** Two small words that invite us to greater freedom and love. Centering Prayer leads us to the quiet place where our daily life fades away and we can listen and respond to the loving voice of Jesus.

Fr. Bill will guide us in accessing our inner stillness, handling thoughts that come into our consciousness during prayer, and what may happen as the Centering Prayer practice unfolds. As we allow God to love us, we experience a deepening of trust. God softens our heart and lets us discover what needs to be healed within.

**Centering Prayer** is a quiet, contemplative way of praying. It invites you to sit in a silent way and open yourself to God’s presence and action within you. This retreat is open to beginners and to those who wish to deepen their commitment to Centering Prayer as integral to their relationship with God.

Besides periods of Centering Prayer, presentations about Centering Prayer, and opportunities for questions and sharing, the schedule for the weekend will also include celebration of the Sacraments of Reconciliation and daily Eucharist.

### **The Director:**

Rev. Bill Sheehan, OMI, is an experienced and beloved retreat director. He has been involved with Contemplative Outreach since 1983, practicing centering prayer and guiding others in this way of prayer for more than 25 years. Fr. Bill has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial, and director of the Oblate House of Theology. Previously stationed in Washington, D.C., Fr. Bill now lives in an Oblate House of Prayer in Massachusetts.

### **Cost**

The suggested offering for this weekend retreat is \$250.00.