

# Uncluttering Our Way

Lenten Silent Retreat for Women  
March 5-7, 2010



Directed by Fr. David Centner, O.C.D.

Most of us spend two-thirds of our life accumulating *things*. We accumulate knowledge. But at some point we realize that these hard-earned gains can be burdens that hinder our journey toward the fullness of life. Did not Jesus tell his disciples to take nothing for the journey, not even a second tunic? Then we strive to “downsize” and find a simpler way of living. Yet, far more than by things, our journey is cluttered by expectations that lead us to second-guess God and - when we have guessed wrong - to stumble on the path of life. **This Lent let us find ways to set aside our expectations so that we may be surprised by love, take wings, and fly to the heart of God.**

In the context of this silent retreat, let us listen to God speaking to our hearts amid the busyness of our lives.

## The weekend includes:

- Daily talks by the Director
- Prayer Services & Daily Mass
- Reconciliation Service & Opportunity for Confession
- Time for Prayer & Meditation
- Opportunity to meet with the Director and Sisters one-on-one
- Saturday meals, Sunday breakfast and lunch.

## The Director:

**Fr. David Centner, O.C.D.** was born in Billings, Montana the second eldest of nine children. He entered the Discalced Carmelite Friars in 1966 and was ordained in 1971. Fr. David has been active in World Wide Marriage Encounter and co-produced and edited a radio series entitled The Mystic Mind. He has preached retreats in English, Italian, and Spanish and is interested in the connection between contemplative prayer and manual work. Fr. David is known for his sourdough bread and his nickname is “Fr. Kitchen.”

Currently, he is associate editor of **Spiritual Life** magazine and an adjunct faculty member of Washington Theological Union.

Dominican Retreat  
7103 Old Dominion Drive  
McLean, Virginia 22101  
703.356.4243  
[www.dominicanretreat.org](http://www.dominicanretreat.org)