

Retreat: The Practice of Centering Prayer
Sponsored by Contemplative Outreach of the Southern Tier
Friday, March 18 (7 pm) – Sunday, March 20 (10 am)
Led by George Welch

Come learn about centering prayer or deepen your centering prayer practice.

Centering Prayer is a method of silent prayer that prepares you to receive the gift of experiencing God's presence within you, closer than breathing, closer than thinking, closer than consciousness itself.

This retreat offers an opportunity to devote 35 hours to silence, solitude, and reflection through experiencing the depths of centering prayer. It is a way to venture into the heart of God. Beginning and experienced practitioners alike will benefit from key insights, practice of sacred word, sacred breath and sacred glance.

Light on the Hill will serve four vegetarian meals and provide for a place of reflection and beauty.

George Welch will guide us through the time of moving into the heart of God using the writings of Thomas Keating and David Frenette. He is a hospital chaplain, spiritual director, and deacon in the Diocese of Rochester for 33 years and a 14-year practitioner of centering prayer.

Cost: \$190. Attendees need to arrive by 6:30 pm. There will be no dinner served Friday night. Departure time is flexible to accommodate Palm Sunday church schedules.

To register: Send \$50 made out to Contemplative Outreach of the Southern Tier and mailed to George Welch, 48 Dry Run Rd., Pine City, NY 14871