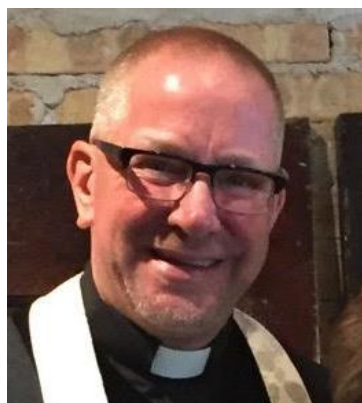




Contemplative Outreach of Central Florida - **ANNUAL RETREAT**

## The **PROCESS** of **HUMILITY** and Centering Prayer



### Silent Week-End Retreat

with **Shawn Kafader**

December 1-3, 2017  
Canterbury Retreat Center  
1601 Alafaya Trail, Oviedo, Florida



#### **Rev. Dr. Shawn Kafader:**

The Rev. Dr. Shawn Kafader resides in Mt. Prospect, Illinois, a northwest suburb of Chicago. He has practiced Centering Prayer for over 25 years, facilitates a Centering Prayer group and has served Contemplative Outreach on the local chapter and national level. Shawn is an ordained non-denominational minister, Licensed Professional Clinical Counselor and ministers as Chaplain and Clinical Counseling Supervisor at Friendship Village of Schaumburg, IL. Shawn is a nationally recognized speaker, offering contemplative retreats and workshops on numerous topics. He is married and father of two adult children.

#### **The Process of Humility and Centering Prayer**

Everyone admires the quality of humility in others while hoping to foster humility in their own lives. Join presenter Shawn Kafader as we explore together the contemplative dimension of the Process of Humility as presented in St. Benedict's Ladder of Humility, exploring how the daily practice of Centering Prayer deepens this quality over our contemplative spiritual journey. This retreat will include four conferences; "*Our Humble and Un-Humble Selves*," "*Our Authentic Search for God*," "*Our Attentiveness and Obedience to God*" and "*Our Life-Long Response to God's Presence*." Conferences will lead into personal retreat reflection and time to work with the material presented. Centering Prayer sessions will be offered throughout the weekend with Saturday completely immersed in the gift of a silent retreat.

This retreat is for anyone who is open to the gift of silence and Centering Prayer.

#### **Retreat information:**

Registration will be from 4:30 to 5:30 pm Friday, December 1st. Dinner at 6:00 pm.

The retreat concludes at 11:00 am Sunday.

Rooms are shared (two to a room) with private bath.

A few private rooms are available (on a first come first serve basis).

Total cost: **\$235** for shared rooms, **\$290** for private rooms.

We are also offering a commuter rate of **\$120**. These rates include all meals.

***Scholarships are available in case of need. Please have your facilitator contact Nestor at (407) 415 7161.***

Take a look at beautiful Canterbury Retreat Center site: <http://canterburyretreat.org>



See [Registration form](#) below



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## **Registration Form**

**The PROCESS of HUMILITY and Centering Prayer**

### **COCFL Weekend Retreat**

December 1-3, 2017

**Registration deadline: Tuesday, November 21, 2017.**

**Please fill this registration form and mail with your payment check.**

Mail to: Alice Logan, 505 Green Briar Blvd, Altamonte Springs, FL 32714

Make your check payable to **COCFL**,

(PLEASE PRINT CLEARLY)

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Centering Prayer Group (if any): \_\_\_\_\_

Emergency Contact Person & Number (if you become ill) \_\_\_\_\_

\_\_\_\_\_

Check amount included: \_\_\_\_\_

May we share your contact information with other retreatants? \_\_\_\_\_

#### **Centering Prayer practice:**

- I am new to Centering Prayer
- I have an established practice of Centering Prayer.

#### **Lodging options:**

- I will be sharing a room with \_\_\_\_\_
- Please assign me a roommate
- I would like a private room (subject to availability)
- I will attend as a commuter

#### **Special Dietary Options:**

- Vegetarian
- Gluten Free

For more information please email Alice ([alicevlogan@gmail.com](mailto:alicevlogan@gmail.com)).