



# CENTERING PRAYER INTENSIVE RETREATS

Our Lady of Florida Spiritual Center,  
1300 US Highway #1, North Palm Beach, FL 33408

**June 21-27, 2019**

To deepen your understanding of the spiritual and psychological foundations of Centering Prayer the following two retreats will be offered:

**7-Day Intensive Centering Prayer Retreat** - Provides an opportunity to immerse participants in the practice of Centering Prayer. The daily schedule includes three hours of Centering Prayer, viewing parts of the "Spiritual Journey" Videotape Series by Fr. Thomas Keating and celebration of the Eucharist. Silence is an integral part of this retreat.

*Prerequisite:* A practice of Centering Prayer for three to six months.

**7-Day Post Intensive Centering Prayer Retreat** - Provides an opportunity for the participants to totally focus on prayer, silence and solitude. The daily schedule includes additional Centering Prayer sessions (in place of videotape viewing), group and private Lectio Divina, silence and solitude in community and celebration of the Eucharist.

*Prerequisite:* Previous attendance at a 7-day, 8-day or 10-day Intensive Retreat.

**Fr. Bill Sheehan, OMI**, a priest of the Oblates of Mary Immaculate, is an experienced retreat master and a much-loved presenter of Contemplative Outreach programs. He participated in the original Lama Retreat from which the Centering Prayer movement arose and is claimed by South Florida as being the father of our local Centering Prayer movement.



**Basha Perez**, former Coordinator for Contemplative Outreach Central Florida, is a Certified Presenter of the Centering Prayer and Lectio Divina Introductory Workshops, has served on the 9-Month Contemplative Living Course Team, Presenter Formation, and numerous Intensive Retreat Teams.

**Rickey Cotton, Ed.D.**, is member of the faculty for Contemplative Outreach's Living Flame Program and has presented workshops on contemplative spirituality around the country. These have included *Meister Eckhart: Passionate for Our Awakening*, *John of the Cross: Beyond the Dark Nights*, *The Desert Ammas and Abbas*, and *Divine Therapy: Becoming Who We Really Are*.

**Details:** *Registration is 4-6 pm* Friday, **June 21**. The retreat concludes at 12pm, Thursday, June 27. Rooms are single-private with a shared bathroom between two.

**Total cost: \$620.** Please send in Registration Form below with a **\$100 non-refundable deposit** to reserve your room. Next payment of \$260 is due April 26 and final payment of \$260 is due May 24.

**Make check payable to:** **COSEFL** (Contemplative Outreach of Southeast Florida)  
Send to: Basha Perez, 134 Wisteria Drive, Longwood, FL 32779-4937

For more information call: **Basha Perez at 407-869-0781** or e-mail **Alice Logan at AliceVLogan@gmail.com**  
Keep top portion for your record / information. **Mail bottom portion only.**

## 7-DAY INTENSIVE/POST INTENSIVE RETREAT (June 21-27, 2019)

(PLEASE PRINT CLEARLY)

NAME: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

CTY/ST/ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Registering for: \_\_\_\_ 7-day Intensive Retreat \_\_\_\_ 7-day Post Intensive Retreat (if you have attended an Intensive retreat)

EMERGENCY CONTACT: NAME \_\_\_\_\_ PHONE: \_\_\_\_\_

Dietary Needs: Vegetarian \_\_\_\_; Gluten Free \_\_\_\_; Lactose Intolerant \_\_\_\_\_

Handicap Needs: i.e. no stairs, close to conferences, etc. \_\_\_\_\_