



CENTERING PRAYER INTENSIVE RETREATS

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

June 23-29, 2023

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.

Ann Thomas, Co-coordinator of Contemplative Outreach of Southeast Florida, facilitator of Centering Prayer group in Broward County, and Presenter.

Details: *Registration is 4-6 pm* Friday, **June 23**. The retreat concludes at 12 pm, Thursday, June 29. Rooms are single-private double-beds with a shared bathroom between two rooms.

Total cost: \$750. Please send in Registration Form on page 2 with a **\$150 non-refundable deposit** to reserve your room. Second payment of \$300 is due April 12; Final payment of \$300 is due May 12. Rooms have to be guaranteed by June 2 (no refunds after June 2). Minimum of 30 retreatants required to have the retreat or the retreat center will cancel our reservations. Register early.

Please fill out Page 2 registration form.

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

REGISTRATION FORM

7-DAY INTENSIVE RETREAT or POST INTENSIVE RETREAT

June 23-29, 2023

Our Lady of Florida Spiritual Center, North Palm Beach, FL

Please send this page only; keep page 1 for your record / information.

Total cost: \$750

Send **\$150 non-refundable deposit** to reserve your room.

Two Payments of \$300 due **April 12** and **May 12**. No refunds after June 2.

Make check payable to: COSEFL (Contemplative Outreach of Southeast Florida)

Send to: Basha Perez, 182 Olive Tree Cr., Altamonte Springs, FL 32714

(PLEASE PRINT CLEARLY) (PLEASE FILL OUT ALL INFORMATION)

NAME: _____

ADDRESS: _____

CTY/ST/ZIP: _____

EMAIL: _____

CELL PHONE: _____ HOME PHONE: _____

Registering for:

____ 7-day Intensive Retreat

____ 7-day Post Intensive Retreat (if you have attended an Intensive retreat; you may attend videos if you like)

EMERGENCY CONTACT:

NAME _____ PHONE: _____

Dietary Preference: Regular Diet ____; Vegetarian ____; Gluten Free ____; Lactose Intolerant ____

Handicap Needs: i.e., minimal stairs, close to conferences, use walker/cane, difficulty walking, etc.

For more information:

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