

# COCFL One Day Fall Retreat

## Key Contemplative Women Ancestors

*Reclaiming our Christian mystical roots*



**Saturday October 29, 2022**

**9 a.m. to 4 p.m.**

**Canterbury Retreat Center**

1601 Alafaya Trail, Oviedo, FL 32765

Join us in person at Canterbury's beautiful settings:

\$ 50 (includes lunch)

or attend remotely via zoom: \$ 25

Facilitated by  
**Rickey Cotton.**



Rickey Cotton, Ed.D., is a spiritual director and presenter of Centering Prayer and Lectio Divina and on faculty for the Living Flame program of Contemplative Outreach, Ltd. As a leader of workshops and retreats, he presents around the country on such topics as John of the Cross, The Desert Mothers and Fathers, Divine Therapy, and Meister Eckhart. Now Professor Emeritus, for over 30 years Rickey taught English and Religion at Southeastern University in Lakeland, Florida.

From Mary, the mother of Jesus, the desert mothers of the early church Amma Sarah, Amma Syncletica and Amma Theodora, the 13<sup>th</sup> century Beguines Hadewijch, Mechthild and Porete to more contemporary contemplatives, Rickey will explore the inspiring lives and teachings of these heroic women, helping us reclaim our Christian Mystical Roots and become aware of this rich contemplative Heritage which is a vital resource for today's contemplative life.

As the presentation concludes, we will be invited to a dramatic presentation in costumes of contemporary mystic Evelyn Underhill.

The retreat will provide time for several periods of centering prayer, silent reflection, rest between conferences, and time to enjoy the peaceful settings of Canterbury Retreat Center.

## About the Cottons' Work in Central Florida:

**Basha Perez** Retreat Leader and former Coordinator of Contemplative Outreach of Central Florida: *"I am so excited to have Rickey on our calendar and on one of my favorite topics. I can't get enough of both. We have not had this topic presented before. We also*



*have the added pleasure of Anna joining him. I'm grateful to Rickey and Anna for staffing the Centering Prayer Intensive Retreats with me at North Palm Beach. His vast knowledge and experience allowed him to fill in for Fr. Bill Sheehan the time Fr. Bill was stranded in Massachusetts due to a snowstorm. Rickey*

*came to the rescue at the last minute and saved the weekend for all of us. Don't miss this event."*

**Mike Davis**, Coordinator of Contemplative Outreach of Tampa Bay: *"Rickey has been instrumental in establishing the contemplative practice in the Greater Tampa Bay area for many years and is a profoundly knowledgeable teacher of the contemplative dimension. Rickey and his wife, Anna, are a dynamic team and have been invaluable assets for CP workshops, retreats and specialty events on numerous topics concerning contemplative living and historical figures from our contemplative heritage. People enjoy their contagious personalities and sincere love for God's people and any seeker of truth."*

View the Introductory Video: <https://youtu.be/CYMI8ELbN9A>

<https://canterburyretreat.org/>



**REGISTRATION FORM**  
**Contemplative Outreach of Central Florida**  
**One Day Fall Retreat, Saturday, October 29, 2022**

**How to attend, Registration Cost:**

- In person registration Donation:**    ☐ \$50 (incl. lunch) –or    - ☐ Custom \_\_\_\_\_  
- **Remotely via Zoom Donation:**    ☐ Suggested: \$25-or-    ☐ Custom \_\_\_\_\_  
- **Add a quiet Canterbury Friday night room including**  
    **breakfast for an additional**    ☐ \$116.00

**\*\*\*Registration deadline extended to October 20, 2022**

For Scholarship assistance, contact Dan Wagner at [dwagner119@gmail.com](mailto:dwagner119@gmail.com).

**Please register by mail.**

Fill this registration form and mail it with your registration check to:  
Alice Logan, 505 Greenbriar Blvd, Altamonte Springs, FL 32714  
Make your check payable to **COCFL**

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

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

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

City/St/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

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

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

Emergency contact name and phone number: \_\_\_\_\_

Centering Prayer practice:

\_\_\_\_ I am new to Centering Prayer

\_\_\_\_ I have an established practice of Centering Prayer.

**Dietary Options:**

\_\_\_\_ Regular diet    \_\_\_\_ Vegetarian    \_\_\_\_ Gluten free    \_\_\_\_ Lactose

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