



Listening Intentionally with the Heart

A one day contemplative retreat, facilitated by Father Bill Sheehan

"Let us keep our eyes always fixed on the depths of our heart with an unceasing mindfulness of God." - Diadochus of Photike, The Gnostic Chapters

In this retreat, Father Bill will invite us to enter the inner room of the heart, where true spiritual perception awakens. Through practices such as centering prayer, the welcoming prayer, Lectio Divina, intentional breathing, and forgiveness, we learn to move beyond the ego and cultivate heart perception. This compassionate capacity to listen intently with the heart is essential to living a full human spiritual life and allow God's presence to reveal true reality.

Who Should Attend: Anyone longing to deepen their spiritual life by learning to listen with the heart, and wanting to experience the transformative presence of the Spirit.

In the beautiful settings of
CHERRYLAKE TREE FARM



Saturday January 17, 2026

Cherrylake Tree Farm

7836 Cherrylake Road

Groveland, FL (Just west of Orlando)

9am to 3pm, optional mass at 4pm

Registration starts at 8:30am

\$35 in person, \$ 35 via zoom

In person attendees bring a bag lunch

Registration: online at COCFL.org



Fr. Bill Sheehan, OMI, is an experienced retreat director who has led many Centering Prayer workshops and retreats. Since 1983, he has been involved with Contemplative Outreach, founded by Fr. Thomas Keating, OCSO, practicing Centering Prayer and guiding others in this way of prayer. He participated in the original Lama retreat from which the Centering Prayer movement arose. He has a Masters Degree in Formative Spirituality from Duquesne University. He is a member of the Oblates of Mary Immaculate order and lives in Boston, Massachusetts.



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Registration Form

Registration and continental breakfast start at 8:30am. Retreat 9am-3pm, optional mass at 4pm.
In person attendees, please bring a bag lunch

For long distance travelers, we offer an option to stay Friday overnight on premises (limited availability).
If interested, please Contact Alice Logan at alicevlogan@gmail.com.
For Scholarship assistance, please contact Dan Wagner at dwagner119@gmail.com.

There are 2 ways to register:

- **Register online and make payment via Zelle to cocflretreats@gmail.com** See more information at cocfl.org
- **Register by mail.** Please fill this registration form and mail with your registration check to:

Alice Logan, 505 Green Briar Blvd, Altamonte Springs, FL 32714 . Make your check payable to **COCFL**

Registration fees: **select 1** _____ \$ 35 if attending in person , _____ \$ 35 if attending via Zoom.

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 _____

For more information, please email Alice (alicevlogan@gmail.com) or call Dan Wagner 814.566.2288

***"It is only with the Heart
that one can see rightly.
What is essential is
invisible to the eye"***

The little Prince by Saint
Exupéry