

MIDWEST AREA CALENDAR OF EVENTS

ILLINOIS

Tuesdays—11th Step Prayer and Meditation Meeting | 6 PM – 7 PM

Location: St. Mary Monastery/Benet House
2200 88th Ave W
Rock Island, IL 61201

Description: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” A meditation group for 12 Step practitioners from any program and at any stage of recovery. Step 11 helps to create a solid foundation for a peaceful and fulfilled life and to develop a more positive way of thinking, which will better serve you moving forward. A daily spiritual practice can help to promote emotional balance and stability. Any form of silent meditation is welcomed. If you do not have a practice already, there is a certified Centering Prayer presenter available to help you.

Presenters: Dick J. and rotating responsibility of members

Fee: A suggested donation of \$2.00 at each meeting.

Information: Dick J. 563-349-2542

October 1, 2016— Introduction to Centering Prayer| 8:30 AM -4:00 PM

Location: St. Mary Monastery/Benet House
2200 88th Ave W
Rock Island, IL 61201

Description: A presentation of the discipline of Centering Prayer as silent communion with God beyond concepts, words and images. The workshop includes instruction on the method of Centering Prayer in a one-day, six-hour workshop, plus the opportunity for follow-up sessions. No previous experience is required.

Presenters: Sr. Catherine Cleary OSB and Maureen Bennett, SMM Oblate

Workshop fee: \$45

Registration: [Online](#)

October 15, 2016—5th Annual Fall One-Day Workshop | 9:00 AM - 3:00 PM

Location: Godwin Hall
Benedictine University
5700 College Rd.
Lisle, IL 60532

Description: This year's Fall Workshop will offer an in-depth introduction to Centering Prayer, along with a range of other fascinating topics for attendees to choose from. The agenda includes sessions on the Wisdom Way of Knowing, the Power of Formative Thought, the Transformative Power of Dreams, and Integral Spirituality. Visit our website for full information about the sessions and the session-leaders, and to register.

Presenters: Rev. Dr. Julianne Buenting, Rev. William Redfield, Susan Komis, Mary Ellen Ryley, SCMM, Bill Epperly, PhD

Fee: Right now, you can sign up for the workshop sessions that interest you most for \$55 (or \$10 for students with ID). The price will increase to \$60 right before the event.

Register at: [Online](#) One or more of the sessions may reach capacity and have to be closed, so please register early.

Information: [Workshop Sessions](#)

November 18-20, 2016—Centering Prayer Weekend Retreat | Nov. 18 at 5:30 PM – November 20 at 1:00 PM

Location: St. Mary Monastery/Benet House
2200 88th Ave W
Rock Island, IL 61201

Description: Conferences, renewal of the method of Centering Prayer and 3 hours of Centering Prayer each day will serve to introduce those who have not experienced one to the Contemplative Outreach silent retreat. A daily Centering Prayer practice is required.

Presenters: Dick and Marcia Jensen

Fee: \$215.00 before October 18. After October 18 \$230.00

Registration: [Online](#) or contact Sr. Bobbi Bussan at retreats@smmsisters.org or 309-283-2109

December 3, 2016—Preparing for Advent with Visual Lectio Divina | 8:30 AM – 11:30 AM

Location: St. Mary Monastery/Benet House
2200 88th Ave W
Rock Island, IL 61201

Description: This morning retreat will provide an opportunity to focus on the Advent Season and the coming of Christ among us. Using the beautiful illumination of the Messianic Predictions from the St. John's Bible, experience Lectio Divina in a rich and provocative manner. This experience of Visio and Lectio (seeing and reading) will break open your Advent in a new Way.

Presenters: Sr. Margaret Murphy OSB and Linda Clewell, SMM Oblate

Fee: \$30.00

Registration: [Online](#) or contact Sr. Bobbi Bussan at retreats@smmsisters.org or 309-283-2109

Information: Sr. Bobbi Bussan at retreats@smmsisters.org or 309-283-2109

INDIANA

ENCOUNTERING MYSTICISM | 8:45 AM – 1:00 PM

This year the theme will be *Encountering Mysticism* which just might include yourself, as we are all called to be Mystics! The definition of a Mystic is: "a person who seeks by contemplation and self-surrender to obtain unity with or absorption in the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect." (Merriam Webster Dictionary)

Our Contemplative Outreach Indianapolis Chapter Leadership Team feels hopeful that this year's programs will be transformative for you and for our community!

Location: St. Vincent Hospice
8450 N Payne Road
Suite 200—"Depaul 1" Room
Indianapolis, IN 46268

September 10, 2016--Ways of the Heart

Description: "Centering Prayer the energy, the force, at the center of Christianity: Jesus—master, teacher, guide. Our challenge now is recovering the practice, the path, and the vision at the heart of our tradition."

Presenter: Video by Cynthia Bourgeault

October 8, 2016--Experiencing Taize

Description: Taize is a form of contemplative worship that incorporates mystical practices and inter-spiritual beliefs.

Presenters: Ray Heilman and Linda Madison of North United Methodist Church

Calendar continued on the next page...

November 12, 2016--Meister Eckhart: *Passionate our Awakening*

Description: “Meister Eckhart (c. 1260-c. 1327) may be the most quoted Christian mystic of our time, not only in religious contexts but also in philosophical, literary, and historical ones. His passion that people not just believe right ideas about God, but that all of us have a deep personal actual experience of God’s presence led to him to make dramatic poetic assertions which were meant to awaken the spirits of his audience of the divine.” **This presentation will go until 1:30 PM.**

Presenter: Dr. Rickey Cotton, Commissioned presenter of Centering Prayer and Lectio Divina, and a member of the faculty for Contemplative Outreach’s *Living Flame* program.

January 14, 2017--Panel Book Discussion of the *Last Testament of Devotion* by Thomas Kelly

Description: The author, who was a Quaker mystic whose prose awakens the urge to center our lives on God’s presence, to find quiet and stillness within our hectic lives.

“*A Testament of Devotion* has been the single most helpful written resource for the most important endeavor of my life: practicing God’s presence.” —Gerald G. May

IOWA

Monday Evenings—11th Step Prayer and Meditation Meeting| 6 PM

Location: Cedar Heights Community Presbyterian Church
2015 Rainbow Dr.
Cedar Falls, IA 50613

Format: A group meets at 6 pm on Monday nights at the Cedar Heights Community Presbyterian Church for 20 minutes of silence before the 6:30 AL-Anon meeting.

Contact: 319-232-6835

Two Thursdays per Month—12 Step Outreach: Contemplative Dimensions of the 12 Steps/ Exploring Centering Prayer as an 11th Step Practice|

Location: Covenant Christian Church
2700 72nd Street
Urbandale, Iowa

Format: One hour meeting, including 20 minutes of centering prayer followed by discussion. We are currently reading *The Naked Now*, by Richard Rohr. Richard Rohr, a global leader in spiritual awakening, helps you recognize the forces (such as ego resistance and dual thinking) that separate you from your deeper self. Then, drawing from the Gospels and the greatest Christian contemplatives, he shows you what it means to be spiritually awake.

Contact: Paul Witmer at Paul.Witmer@CenterIowa.org 515.240.1653

“While it is not an AA meeting, we follow the traditions and respect anonymity.”

September 15, 2016 and 3rd Tuesdays of each month—Des Moines Spiritual Journey Series: *Teresa of Avila, “Interior Castle”* | 6:30 PM -8:00 PM

Location: Hamilton's Funeral Home
3601 Westown Parkway
West Des Moines, Iowa 50266

Description: Ongoing opportunity on the 3rd Tuesday of each month, September through May. Future meetings on October 20, November 17, December 15, January 19, February 16, March 16, April 20 and May 18.

Facilitators: Margaret Mostek, wdmmostek@aol.com and Cheri Grauer, cheri.grauer@gmail.com

Cost: free-will donation to support materials.

Registration: [Online](#)

More Information: 515-232-4716

September 15, 2016 3rd Thursdays Oct. 20 and Nov.17 —Des Moines Spiritual Journey Series|6:30 PM -8:00 PM

Location: Plymouth UCC
42nd Street and Ingersoll
Des Moines, Iowa

Description: *The Gift of Life: Death & Dying, Life & Living* offers a vision of hope and a view of reality that counter the cultural norms that view death as a tragedy, or the end of living, or an entry into harsh judgment and retribution. This ongoing opportunity will meet beginning September 15. The group will choose another book or topic to discuss in March and April of 2017.

More Information: Contact Margaret Mostek wdmmostek@aol.com

September 17, 2016 Silent Saturday Labyrinth Retreat| 8:30 AM - Noon

Location: Covenant Christian Church
2700 72nd Street
Urbandale, Iowa

Description: Come walk, sit, and pray with one of 4 labyrinths at the new "Labyrinth Park" at Covenant Christian Church.

Facilitators: Margaret Mostek, wdmmostek@aol.com and Cheri Grauer, cheri.grauer@gmail.com

Cost: Suggested donation of \$15.00 is payable at the door.

Registration: [Online](#)

More Information: Contact paulwitmer@msn.com, or call [515-240-1653](tel:515-240-1653)

September 29, 2016 and following Thursdays—*Bridges to Contemplative Living with Thomas Merton* | 7:30 -9 PM

Location: Saints Isadore and Maria Room
St. Thomas Aquinas Church
2210 Lincoln Way
Ames, Iowa

Description: Meet weekly to read and discuss little booklets in a series entitled, *Bridges to Contemplative Living with Thomas Merton*, compiled by Jonathan Montaldo and Robert G. Toth. Each lesson is a collection of 3 short readings from various spiritual leaders, always including one reading from Thomas Merton, focused on a particular topic. The readings are followed by a few discussion questions using contemplative dialogue guidelines. We will be reading book 4, *Discovering the Hidden Ground of Love*, starting on September 29.

More Information: Mary Jo Pfeifer Wulf at 515-441-6446 or maryjowulf65@gmail.com

October 22, 2016—A Marriage Made in Heaven: Contemplative Spirituality and Mindfulness Practice|

8:30AM – 12:30 PM

Location: Faith Lutheran Church
10395 University Ave.
Clive, IA

Description: This morning of enrichment will offer contemplative camaraderie, Centering Prayer, and the cultivation of our understanding of contemplation - "taking a long, loving look at the real," (Evelyn Underhill). The presentation, discussion, and sharing will draw on content from the fields of science, psychology, and spirituality. We will explore the beautiful interfacing of contemplative spirituality and mindful awareness and will strengthen our appreciation of that which we bring to life - exactly as is - the gift of sacred presence which can only exist in the power of the present moment.

Registration: [Download Flyer](#) [Please Register](#)

Cost: Free will offering

More Information: Judy Proksa 515-266-1054 proksajudy@gmail.com

November 5, 2016—A Day Apart: The Sacred Way Every Day| 8:30 AM – 3:30 PM

Location: Our Lady of the Prairie Retreat House
Wheatland, IA

Description: Join us for a day to yourself at Our Lady of the Prairie Retreat House in Wheatland, Iowa. This will be your day to use as you choose. We will have multiple sittings of Centering Prayer, Lectio Divina and a closing time to share the blessings of the day. Attend any of the scheduled events or none of them. The day will be silent.

As usual, we will enjoy a wonderful meal of locally produced food. Enjoy the grounds and use the labyrinth.

Facilitator: Paul Wittmer

Cost: \$30.00

Register: Print a copy of the [Registration Form](#), fill it out and send it with \$30.00 for each participant by October 30 to:

Mr. Larry Decker
1785 Hartford Ct.
Bettendorf, IA 52722

More Information: Marcia Jensen jensenyetta@gmail.com or 563-349-4645

KANSAS

October 22, 2016— Silent Saturday with Welcoming Prayer Workshop| 9:00 AM –Noon/ 12:30 PM – 3:30 PM

Location: Sanctuary of Hope
2601 Ridge Ave.
Kansas City, KS 66102

Description: Five 20-minute periods of centering prayer with brief breaks in between in the morning. The afternoon Welcoming Prayer workshop introduces the participant to a practice designed to help us respond, instead of react to situations in daily life. This simple prayer teaches us how to surrender to God's presence and action in our lives so we aren't torn apart by conflicting emotions. A daily practice of Centering Prayer is recommended as a prerequisite to attend. Books are available for sale. Please bring a sack lunch if you plan to attend Silent Saturday in the morning. Space is limited.

Presenter: Denise Oades PhD (Welcoming Prayer Workshop)

Cost: Suggested donation for Silent Saturday is \$10.00. Fee for the afternoon workshop is \$10.00

Registration: Space is limited. Please email us at ContemplativeOutreachKC@gmail.com to let us know you're coming.

Registration: Space is limited. Please email us at ContemplativeOutreachKC@gmail.com to let us know you're coming.

KENTUCKY

Ongoing Saturday Morning Prayer|10:00 AM - 12:30 PM

Location: Cor Unum Spiritual Center
1908 Tyler Ln
Louisville, KY 40205-2817

Description: Lectio Divina, Centering Prayer and Scripture study (DVD presentation and discussion)

For more Information: Elayne Roose 502-451-1738 corunum@mail.com

September 30- October 1, 2016—Annual Fall Enrichment Weekend| Fri 7:00 - 9:00 PM/Sat 10:00 AM – 4:00 PM

Location: Ursuline Campus Library
3105 Lexington Rd.
Louisville, KY

Description: Presentations on Pope Francis' encyclical on the environment, *Laudato Si: Care for our Common Home*.

Presenter: Fr. Joe Mitchell

Cost: \$25

Registration: Please Register by September 27 by contacting Dr. Elayne Roose at 502-451-1738 or Sharon Allen
sksallen13@gmail.com

MICHIGAN

Nothing at this time

MINNESOTA

2nd Saturday of each month-- 12-Step Spirituality Workshops 2015-16 | 9 AM – Noon

Location: Colonial Church of Edina
6200 Colonial Way
Edina, MN 55436

Description: Explore Centering Prayer and deepen your daily practice of Step 11. Each workshop includes:

- Instruction in the method of Centering Prayer
- Two 20-Minute Sessions of Silence
- Readings from the Big Book and other 12 Step literature
- Shared experience on forming a daily 11th Step practice
- Presentations on the Steps
- Small Group Discussions

Cost: Suggested free will offering of \$10 per workshop to help us remain self-supporting.

For further information or to register, visit the website at 12StepSpirituality.org or [click here for brochure](#).

Oct 4, 2016 & first Tuesdays of the month through March 7, 2017--Contemplative Life Program |7:00–8:30 PM

Location: Plymouth Congregational Church
Room 205
1900 Nicollet Avenue South
Minneapolis, MN

Description: If you want to strengthen your spiritual muscles, this is the group for you! Our purpose is to support one another as we seek to deepen our practice of meditation and our engagement with the spiritual journey. We will meet once a month to explore, share and discuss our experiences with a variety of contemplative practices. As our guide, we will be using booklets from Contemplative Outreach that may be purchased (\$70 from us) or downloaded from their website (contemplativeoutreach.org). Please be certain to order *Contemplative Life Program Year Two*. (It is not necessary to do Year One first.) The topics are listed below, but not necessarily in the order we will use them: *Spirituality of Money, Contemplative Service, Silence and Solitude, Simplicity, Discipline of Prayer, Hospitality and Faith: An Advent Companion*. The booklets are for use at home and are designed to support and enrich a life of daily practice, study and devotion. The program assumes participants have a meditation practice. If you are interested and do not have a meditation practice, please contact the group leaders.

Presenters: Diane Boruff and Paula Northwood

Cost: \$70 for materials

Registration: [Online](#)

Information: dsboruff@comcast.net or 612-871-7400

October 8, 2016—Centering Prayer Workshop / 9:00 AM - Noon PM each day

Location: The Benedictine Center
2675 Benet Rd
St. Paul, MN 55109

Description: This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God's invitation to deeper relationship.

Presenter: Sister Virginia Matter OSB

Lunch: Bring your own lunch. Refrigeration, water, coffee and tea provided.

Cost: \$25.00 includes lunch

Registration: [Online](#)

October 14-16, 2016—Humility Retreat | Friday 3 PM –Sunday 1 PM

Location: [Christ the King Retreat Center](#)
621 First Avenue South
Buffalo, MN 55313

Description: The Humility Retreat, rooted in the practice of Centering Prayer, will deepen your awareness of the Divine Indwelling, and strengthen your connection to your Basic Core of Goodness. The presentation is grounded on the 1500-year-old Rule of St. Benedict's Ladder of Humility, which he sees as "a guideline for living in monastic communities, for living out a spiritual life. It's largely about living in humility." In addition to group Centering Prayer sessions, personal reflection time, and wisdom circle sharing, our study and exploration of humility will include these four conferences: *Our Humble and Un-Humble Selves*, *Our Authentic Search for God*, *Our Attentiveness and Obedience to God*, and *Our Lifelong Response to God's Presence*.

Presenter: Rev. Shawn Kafader

Cost: \$210 single/\$180 double if paid in full by July 31, 2016. \$230/\$200 after that time. \$75.00 is due by July 31 to reserve a room. Partial scholarships are available. Please send an email request prior to July 31 to

Registration: [Online](#) or [Print Brochure](#) and mail.

Information: LaurieBERickson@msn.com or call 952-457-6396

October 22 and 29, 2016—Centering Prayer Workshop / 9:00 AM - Noon PM each day

Location: Risen Savior Catholic Community
1501 E. County Road 42
Burnsville, MN

Description: *Please note that this is a two-part workshop. Participants are asked to attend BOTH sessions.*

The workshop will provide participants with a basic definition of contemplative prayer (in comparison to other kinds of prayer), and expresses the intention of Contemplative Outreach to kindle the contemplative dimension of the gospel, and share the gift of Centering Prayer with people of all faiths.

Cost: A free will offering will be made to help offset the facilitator and material fees.

Registration: [Online](#) or email at scott.brazil@risensavior.org

November 25-27, 2016—Centering Prayer and Lectio Divina Retreat | Friday 7 PM –Sunday 1 PM

Location: The Benedictine Center
2675 Benet Rd
St. Paul, MN 55109

Description: Experience a time of profound silence and praying the Scriptures as you enter into deeper relationship with God and self. Blends a rhythm of centering prayer, lectio divina, and prayer with the monastic community.

Presenter: Sr. Virginia Matter OSB

Cost: \$150 (includes lodging and meals)

Registration: [Online](#)

December 2-4, 2016—Centering Prayer Retreat | Friday 7:30 PM –Sunday 1 PM

Location: St. Benedict's Monastery
104 Chapel Ln
St Joseph, MN 56374

Description: A silent retreat for those practicing centering prayer regularly. Includes opening presentation, five centering prayer sessions and video segments by Thomas Keating and others, followed by optional discussion times.

Presenter: Sr. Katherine Howard OSB

Cost: \$165.00 (Early Bird Fee by November 22: \$150) (Includes meals and lodging)

[Register Online](#)

MISSOURI

September 17, 2016—Centering Prayer Workshop / 9:00 AM - 3:00 PM

Location: Grace Episcopal Church
Thompson Room (enter door off E. Madison Ave)
514 E. Argonne Drive
Kirkwood, MO 63122

Description: Contemplative prayer is God's personal and unique gift to us. This workshop will examine how Centering Prayer can open us to this gift and deepen our relationship with God. If we are open to God's gift of contemplation, it will profoundly affect the way we think and act and it can lead to greater inner stability, hope, peace and happiness.

Gather: 8:30am for registration and continental breakfast (provided)

Lunch: Bring your own lunch. Refrigeration, water, coffee and tea provided.

Cost: \$25.00* (*Cost is free for those who have previously paid to attend a full-day COSTL introductory workshop, but please register.)

Registration: [Register/pay online via PayPal](#). Or, [complete the form](#) and bring cash/check to the event or mail a check payable to *Contemplative Outreach of St. Louis*, 514 East Argonne Dr., Kirkwood, MO 63122. Walk-ins are welcome, however registration by Sept. 14 is much appreciated.

October 8, 2016—Silent Saturday Petite Retreat / 9:00 AM - 11:00 AM

Location: Grace Episcopal Church (Lower level chapel)
514 E. Argonne Drive
Kirkwood, MO 63122

Description: Please join us for our bi-monthly petite retreat, a morning of silence, prayer and fellowship. We will begin with two, thirty minute periods of centering prayer with a meditative walk. There will be a break with coffee and munchies with the option to stay in silence or visit with your fellow sojourners. We then end with a thirty minute period of centering prayer.

Cost: Free

Registration: None required

October 9-15, 2016— Annual Fall Intensive - Post Intensive Retreat | 4 PM Sunday – 1 PM Sunday

Location: IL Ritiro Retreat Center
514 East Argonne Drive
Dittmer, MO 63122

Description: Both tracks of this intensive retreat provide an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support.

Contact: 573-864-1097 or cocemol@gmail.com to learn more.

October 15, 2016—Centering Prayer Workshop / 10:00 AM - 3:00 PM

Location: Sanguis Christi Spirituality Center
3522 Utah Street (near Grand)
St. Louis, MO 63118

Description: Contemplative prayer is God's personal and unique gift to us. This workshop will examine how Centering Prayer can open us to this gift and deepen our relationship with God. If we are open to God's gift of contemplation, it will profoundly affect the way we think and act and it can lead to greater inner stability, hope, peace and happiness.

Cost: \$ \$35.00* Lunch provided (*Cost is free for those who have previously paid to attend a full-day COSTL introductory workshop, but please register. A donation of \$10 for lunch is appreciated.)

Registration: Please contact Sanguis Christi staff:

Sr. Carol Orf, CPPS 314.560.1028 corf@cpps-ofallon.org	Sr. Ginny Jaskiewicz, CPPS 314.223.7508 gjaskiewicz@cpps-ofallon.org
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November 12, 2016— Visioning Event for Contemplative Outreach of St. Louis | 8:30 AM - 1:00 PM

Location: Thompson Room
Grace Episcopal Church
514 E. Argonne Drive
Kirkwood, MO 63122

Description: Every so often we need to take time to assess where we are in our lives and where we need to go. The same holds true for groups and organizations, including Contemplative Outreach of St. Louis. You are invited to a morning of visioning for the future of COSTL and the discerning of new leadership.

How often each of us say that we are so grateful for our Centering Prayer practice—many times. This visioning event is one way to actively say “thank you” for so much that we have received. We urge you to mark this date on your calendar, and prayerfully consider what you feel the focus for the future of COSTL should be.

A reminder and more details will be posted on the website as the date approaches. Thank you for your help and support. We look forward to a Spirit-filled event with you. Come, join us in the dance! Your input is vital to the process.

December 10, 2016—Silent Saturday Petite Retreat / 9:00 AM - 11:00 AM

Location: Grace Episcopal Church (Lower level chapel)
514 E. Argonne Drive
Kirkwood, MO 63122

Description: Please join us for our bi-monthly petite retreat, a morning of silence, prayer and fellowship. We will begin with two, thirty minute periods of centering prayer with a meditative walk. There will be a break with coffee and munchies with the option to stay in silence or visit with your fellow sojourners. We then end with a thirty minute period of centering prayer.

Cost: Free

Registration: None required

*The eye with which I see God is the same eye with which God sees me.
Meister Eckhart*

NEBRASKA

October 1, 2016— Silent Saturday Mini-Retreat| 9 AM – 11:45 AM

Location: Luther Memorial Lutheran Church
1031 Sunset Trail
Omaha, NE 68132

Description: Give yourself the gift of sacred time and space. Luther Memorial has beautiful contemplative spaces for reflection, Visio Divina, writing, exploring with nature, art and mandalas, as well as an outdoor labyrinth. We will start and end our time with Centering Prayer. Light snacks served at 8:45am.

Cost: \$10.00 donation

Registration: Cecelia at celearndt@gmail.com

October 8 - 14, 2016— 7-Day Intensive/Post Intensive Centering Prayer Retreat| October 8, 4:00 PM-6:00 PM/ October 14, 1:00 PM

Location: St. Benedict Center
1126 Rd I
Schuyler, NE 68661

The Intensive Centering Retreat is an opportunity to immerse participants in the practice of Centering Prayer, as taught by Contemplative Outreach. The Intensive Retreat features a major educational component, but also includes up to three (3) hours of Centering Prayer each day and two (2) video presentations from the Spiritual Journey video series each day featuring Fr. Thomas Keating. Meals are silent, with the exception of the evening meal where there is conversation. Retreat leaders read during the breakfast and lunch meal from Open Mind, Open Heart. It is preferable that retreatants have had a regular practice of Centering Prayer for six months to one year.

The Centering Prayer Post Intensive Retreat is an opportunity for more extensive periods of Centering Prayer to deepen the personal practice of contemplative prayer. The Post Intensive retreat focuses more on complete silence for the duration of the retreat with no educational component presented. All meals are silent with no conversation. A minimum of one year regular practice of Centering Prayer is a prerequisite to attend a Post-Intensive Retreat.

Retreat fee: \$435 (includes private room plus meals) Reservation Deposit: \$180 Deadline is Sept. 21, 2016

Registration form - http://nebraskacontemplativeoutreach.org/Retreat_Registration.html

OKLAHOMA

Nothing at this time.

WISCONSIN

October 1, 2016-- Consenting to Transformation: An Introduction to Centering Prayer Practice as integrated with the 11th step | 8:00 AM – 3:00 PM

Location: Christ Presbyterian Church,
944 East Gorham Street,
Madison, WI

Description: This workshop is designed for those searching for emotional and spiritual sobriety. Centering Prayer is a method for doing the 11th Step (“Sought through prayer and meditation...”) to improve our conscious contact with our Higher Power. Many people in 12-Step programs have deepened their relationship with their Higher Power using Centering Prayer. Centering Prayer is not means to replace the work of 12-Step programs or their literature. Members of any 12-Step program are welcome.

Cost: \$25.00 includes coffee, snacks, and a selection of sub sandwiches for lunch. Please indicate any special dietary needs. There are some scholarships available. If you need a scholarship, contact Trena Wendt at 608-206-9960.

Registration: [Registration flyer](#) Please register by September 26.

December 9-11, 2016— Lectio Divina Immersion Retreat | 7:00 PM Friday – Noon Sunday

Location: Siena Retreat Center
5637 Erie St.
Racine, WI 53402

Description: Centering Prayer retreats immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach, Ltd. The Advanced/Post Intensive retreats will allow the participants to come together for prayer, liturgy and meal times. The retreat will provide an atmosphere of silence, solitude and community.

Presenters: Mike Potter

Cost: \$250.00 includes room and board. Please print out the registration form and send \$75.00 as a down payment, \$25.00 of which is non-refundable. The whole cost is due by December 2, 2016. There are limited scholarships available.

Registration: [Registration flyer](#)

Information: Sr. Kathryn Ann Kobelinski, kkobelinski@ssnd-milw.org or 414-282-7310

