

About Centering Prayer

The practice of Centering Prayer, and the spiritual, historical and psychological basis of it, is described and elaborated in several of Father Keating's works, including *Open Mind, Open Heart* and *Invitation to Love*. The practice of Centering Prayer has extraordinary parallels with other traditional practices, and is remarkably simple and rewarding to practice.

For those who practice the 12 Steps found in AA, Al-Anon, SCA, OA, DA, NA, GA, and other programs, there are parallels between Centering Prayer and practicing the principles of recovery--the process of human transformation.

Centering Prayer deepens the 12 Step practice generally, and the 11th Step specifically, through daily immersion in prayer and meditation. We believe that, when applied as a daily supplement to the 12 Steps, Centering Prayer opens us to a deep dimension of spirituality.

Thomas Keating, OCSO is one of the founders of the Centering Prayer Movement and Contemplative Outreach, a spiritual network that teaches Centering Prayer and provides a support system for those who practice it. He is the author of several books and video/audio tape series.

The 12 Step Outreach of Contemplative Outreach is dedicated to offering Centering Prayer to people in all 12 Step fellowships as an 11th Step prayer/meditation practice. We help individuals and groups establish a contemplative prayer practice through workshops, retreats and formation programs.

Directions



Holy Wisdom Monastery

4200 Cty Hwy M

Middleton, WI 53562

www.benedictinewomen.org

A 12-Hour Workshop & Retreat



*Track 1:
Centering Prayer as an
11th Step Practice*

*Track 2:
Welcoming Prayer*

**Saturday,
November 5, 2011
8:00 a.m. – 8:00 p.m.**

An Invitation to Track One: *The Method of Centering Prayer as an 11th Step Practice*

For: All persons in 12-step fellowships.

This workshop helps those searching for emotional sobriety and a method for the 11th step to improve their conscious contact with their Higher Power. "Sought through prayer and meditation" deals with our own personal attempt in communicating with a Higher Power. Many people in 12-step programs have deepened their relationship with their Higher Power from the method of Centering Prayer. **Note:** Centering Prayer is meant to support, but not replace the work of 12-step programs and their literature.

To Reap Full Rewards of this Retreat...

We ask that all participants attend the full 12 hours. This will ensure benefit not only from the teaching but also intentional periods of silence and spaciousness, soul friending walks and talks, or optional Thomas Keating videos on the Human Condition and Centering Prayer.

Questions about Retreat:

Doug M. 608-236-0344.

Judy R. 608-242-0395.



An Invitation to Track Two: *The Welcoming Prayer:* *"How to live life on life's terms."*

For: Persons who have attended previous workshops on Centering Prayer, or, have a longtime Centering Prayer Practice.

The Welcoming Prayer is a method of connecting to God's presence and action in our physical and emotional reactions to events and situations in daily life. This practice can be a way of connecting the inner consent of Centering Prayer with the other requirement of unconditional presence in everyday life.

Presenter:

☪ **Mary D.** has been involved with Centering Prayer since the 1980s and has been active in 12-step circles since 1991. She lived with Mary Mrozowski at Chrysalis House (the Contemplative Outreach lay community experiment in upstate New York) for 2 years. Mary has been sharing the Welcoming Prayer for 20 years and is on the Faculty Welcoming Service Team. Mary lives in Miami, Florida.

Retreat Details

☪ **Date:** Saturday, November 5, 2011

☪ **Time:** 8 am – 8 pm

☪ **Cost:** \$50 for 12-Hour Workshop/Retreat
Includes coffee breaks, lunch and dinner and access to the meditation spaces and library at Holy Wisdom Monastery. Contemplative Outreach of Madison underwrites a portion of the retreat. *Scholarships are available based on need.*

☪ **Location:** Holy Wisdom Monastery, Middleton, WI.
See map on back.

☪ **Lodging:** Lodging is available at the Monastery. Contact Gloria Krysiak, receptionist, gtkrysiak@benedictinewomen.org (608) 831-9304

☪ **5 Follow-up sessions (optional):** More information will be provided at the retreat.

Registration Form

Contemplative Outreach 12-Hour Retreat

November 5th, 2011

☪ **Cost:** \$50: includes coffee breaks, lunch and dinner and access to the meditation spaces and library at Holy Wisdom Monastery.

Name _____

Address _____

City _____ State _____ Zip _____

Home ph _____ Work ph _____

Cell ph _____ Email _____

Dietary Restrictions: ___ none ___ vegetarian ___ allergic to:

How did you hear about this retreat? _____

Amount Enclosed: \$ _____

Check One:

Track 1

Track 2

☪ **Make checks payable to:** Holy Wisdom Monastery

☪ **Mail form and \$40/person to:**

Holy Wisdom Monastery

c/o Jerriane Bland

PO Box 5070

Madison, WI 53705-0070.

Registration deadline is Oct. 30.

Registration will be limited for both tracks so register early.