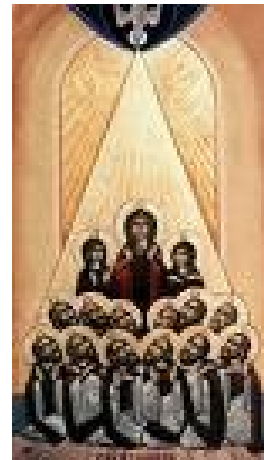


Solitude in Community

A Centering Prayer Weekend Retreat with Sr. Suzanne Dunn



Come, experience the unfolding layers of silence as you engage the practice of Centering Prayer. In the lovely summer setting of La Casa de Maria, we will drink in the depth of silence and walk the journey into God together. Centering Prayer is drawn from the ancient prayer practices of the Christian contemplative heritage. It facilitates the movement into receptive prayer, resting in God.

In *Intimacy with God*, Thomas Keating tells us, "Centering Prayer is simply a humble method of trying to access infinite goodness by letting go of ourselves." It emphasizes prayer as a personal relationship with God and moves from conversation with God to communion with God. This is a process of self-surrender and the support of a loving environment and companions on the same journey is important.

Silence, as it grows within us, has a way of finding our center and then in turn centering us. As the contemplative life progresses, more of life comes into balance through the stabilizing grace of the Indwelling Presence, leading to a strong sense of inner calm, well-being, confidence, and vitality.

Retreat Leaders:

Sr. Suzanne Dunn is a spiritual director, retreat leader, and co-coordinator of the Santa Barbara/Ventura Chapter of Contemplative Outreach. She has been facilitating Centering Prayer groups and retreats for many years and co-facilitates the monthly Saturday Centering Prayer Practice retreats. She is the spiritual leader of the Beatitudes Community in Santa Barbara.

Register early. Retreat space is limited.

DATE: June 24 - 26, 2011 Friday, 7:30 pm, to Sunday, 1 pm.
FEE: \$325 Includes shared room, board and tuition. \$225 commuter rate
(Partial scholarships are available; please inquire.)
SEND TO: La Casa de Maria Retreat Center, 800 El Bosque Road, Santa Barbara, CA 93108
Phone 805-969-5031; FAX 805-969-2759
Or register online at: www.lacasademaria.org.

REGISTRATION FOR: "Solitude in Community" June 24 - 26, 2011

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

ENCLOSED: _____ \$75 non-refundable deposit or _____ \$325/person residential. \$225 Commuter. (Full Payment 6/12

DOWNSTAIRS ROOM REQUIRED? _____ DIETARY RESTRICTIONS: _____