

When:

Friday, June 27th, 6 p.m. to  
Sunday, June 29th, 1 p.m.

St. Anthony's  
Retreat Center  
4316 Sierra Dr.

Three Rivers, CA 93271

Google: "St. Anthony Retreat  
Center, Three Rivers, CA"  
to see pictures!

**3 Days**

*Would you like to cultivate  
a deeper relationship of intimacy with God?  
Explore the teachings and benefits of  
Centering Prayer.*

*Be still  
and know  
that I am  
God*  
-PSALM 46:10

# Centering Prayer Weekend Retreat

Contemplative Outreach of Central California

## Retreat Facilitators:

**Juan C. Garcia, Ph.D., LMFT**, founder and director of the Integral Community Solutions Institute, a transformative counseling center in downtown Fresno, Juan has been practicing as a Marriage and Family Therapist for the past 30 years. Trained as a cultural anthropologist at Stanford, his teaching explores the practical benefits of Centering Prayer and the psychological and emotional healing of a sustained practice.

**Everardo Pedraza, M.A., M.S., MFTI**, Marriage and family Therapist Intern at Integral Community Solutions Institute and past coordinator of Contemplative Outreach of Central California. He has been teaching Centering Prayer in parishes, parks and prisons for the past 15 years. He earned his masters contemplative Christian spirituality from the Franciscan School of Theology at the Graduate Theological Union in Berkeley and masters in Counseling, Marriage and Family Therapy from California State University, Fresno.

Info/Contact: Everardo Pedraza  
CenteringPrayerRetreats@gmail.com  
Phone: 559-230-9736

Would you like to learn and practice a precious and practical prayer method for calming the body and mind and healing emotional wounds while nurturing a relationship of intimacy with God? Whether your interest is relief from the stress of daily life, deepening an ongoing spiritual quest or practice, or you're simply curious about meditation or contemplative prayer, please join us on this weekend retreat in which we will learn and practice Centering Prayer together. Beginners and experienced practitioners are welcome. A weekend retreat offers instruction on the method of Centering Prayer and discussion about its conceptual background. A weekend of silence refreshes the spirit and deepens the commitment to a regular Centering Prayer practice.

Sign up now. Space is limited. Register by June 15, 2014 to reserve your early bird rate.

**Shared Room: \$215** (\$235 after June 15th)

**Private Room: \$255** (\$275 after June 15th)

*Includes 2 nights of comfortable lodging and 6 nutritious meals in a*

*wonderful and scenic air-conditioned retreat facility.*

*12 CEU's available for MFT's and LCSW's for \$25.*

*Please make check payable to "Everardo Pedraza," and mail to Centering Prayer  
Retreat, 2243 S. Bundy Drive, Fresno, CA 93727. Thank you.*



