



JULY 7-9, 2017

CENTERING PRAYER RETREAT

ST. ANTHONY RETREAT CENTER IN THREE RIVERS, CA

Centering Prayer is a time-honored prayer practice in the Christian tradition that has helped women and men to prepare for and deepen the gift of contemplative prayer. People have been doing centering prayer for hundreds of years, but it is different from what we may think of as prayer. It is not the type of prayer we are used to, like praying out loud or asking for something or even giving thanks. It is moving deep within ourselves, in silence, saying nothing, asking nothing, just intending to be in the Presence of the ultimate ground of being and allowing it to be with us. An Introductory retreat offers instruction and practice on the method of Centering Prayer and discussion about its conceptual background. We will learn from skilled facilitators, DVD's and group discussion. *Come aside and rest in God.*



**CONTEMPLATIVE
OUTREACH**[®] SILENCE
SOLITUDE
SOLIDARITY
SERVICE

**“Be still and know that
I am God.”**

--Psalm 46:10

**“God is home, it's we who
have gone out for a walk.”**

–Meister Eckhart

**“Come aside by
yourselves to a
deserted place and
rest a while.”**

–Mark 6:31

**Rest.
Refresh.
Renew.**

**CONTEMPLATIVE OUTREACH OF
CENTRAL CALIFORNIA**

3325 Roberts Ave.
Clovis, CA 93619

Info and Registration at:

559-230-9736

centeringfriends@gmail.com



CENTERING PRAYER RETREAT

Whether your interest is deepening your relationship with God, relief from the stress of daily life, or learning about contemplative prayer, why not take some time this summer to learn and practice Centering Prayer? There will be plenty of time to rest and enjoy the beautiful retreat center. This workshop refreshes the spirit and deepens our commitment to a regular practice of Centering Prayer.

Save by registering before June 15th. Shared Room: \$249 per person. Private Room: \$299 per person. Includes two nights of lodging and six nutritious meals. \$10 late registration after June 15th. Retreat begins Friday, July 7th at 6:00 p.m. with dinner and ends Sunday, July 9th at 1:00 p.m. after lunch. Space is limited. We will begin a waiting list when spaces are filled. We look forward to our time together. *Register now to save your space.*



Contemplative Outreach of Central California

Facilitators:

Juan C. Garcia, Ph.D., LMFT, Director of Contemplative Outreach of Central California's Retreat Ministry. He is founder and Director of Integral Community Solutions Institute, a transformative counseling center in downtown Fresno. Juan has been practicing as a Marriage and Family Therapist and professor for 30 years. Trained as a cultural anthropologist at Stanford University, his teachings explore the psychological and emotional healing aspects of Centering Prayer.

Everardo Pedraza, M.A., M.S., is a Marriage and Family Therapist Intern and Certified Integral Therapist at Integral Community Solutions Institute in Fresno. He serves as Coordinator of Contemplative Outreach of Central California. He earned a Master of Arts in Contemplative Christian Spirituality from the Franciscan School of Theology at the Graduate Theological Union in Berkeley where he studied the work of Thomas Keating and Bede Griffiths.

**PLEASE MAKE PAYMENT
PAYABLE TO "COCC" AND
MAIL TO:**

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