



JANUARY 3-5, 2020

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**

**“Contemplation is the
highest expression of
man’s intellectual and
spiritual life. It is that life
itself, fully awake, fully
active, fully aware that it is
active. It is spiritual
wonder. It is spontaneous
awe at the sacredness of
life, of being.”**

–Thomas Merton

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

–Mark 6:31

Rest. Refresh. Renew.

**CONTEMPLATIVE OUTREACH OF
CENTRAL CALIFORNIA**

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 New Year 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 and saving your space before December 1, 2019.

Registration 1: Shared Room: \$259 per person. Private Room: \$359 per person. Includes two nights of lodging and six nutritious meals. **Registration**

2: Registration after December 1st will be an additional \$20 per person.

Retreat begins Friday, January 3rd at 6:00 p.m. with dinner in Dining Hall and ends Sunday, January 5th at 1:00 p.m. after lunch. **All payments must be paid in full by Friday, December 6th.** We look forward to our time together!

Save your space by registering now. Call 559-230-9736 or email today!



Contemplative Outreach of Central California

Facilitators:

Everardo Pedraza, M.A., M.S., is the Coordinator of Contemplative Outreach of Central California. He earned a master's degree in contemplative Christian spirituality from the Franciscan School of Theology at the Graduate Theological Union in Berkeley where he studied the work of Bede Griffiths, Thomas Merton and Thomas Keating. He is an English teacher and founding advisor to the Sunnyside High School Mindfulness Club. He also serves as a psychotherapist associate at Integral Community Solutions Institute in downtown Fresno.

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.

**PLEASE MAKE PAYMENT
PAYABLE TO "COCC"**

Call for payment address.

559-230-9736
centeringfriends@gmail.com

