



A One-Day Silent *Centering Prayer Retreat*

For the Experienced Centering Prayer Practitioner

Monday // May 1, 2023 10:00 A.M. - 4:00 P. M.
IN-PERSON at Starrette Farm Retreat

Led by Don Carroll, WCO founding fellow - This retreat will replicate, for one day, the rhythm of the extended retreats at St. Benedict's Monastery in Snowmass, CO. There will be four rounds of one-hour sits with a walking meditation in between each one. Those attending will be invited to participate in as many rounds as they would like. The retreat will be in silence except for brief conversations at the beginning and closing.

"When I had the chance to visit with Father Keating during a Snowmass ten-day retreat, he encouraged me to find a way to extend the rhythm of the time of my practice. Since then I have found that a daily practice is deeply enriched by an extended-day practice as well as a yearly practice of a week or longer. This day-long retreat will address that intermediate rhythm of giving experienced practitioners the opportunity to settle deeply into the rhythm of their Centering Prayer practice for a day." Don Carroll

Hosted by Starrette Farm Retreat - Directions will follow paid registration

To register: email nancy@starretrefarmretreat.com

- Cost: \$55. Registration includes lunch and refreshments.
- Two ways to pay:
 - By check: make payable to The Lydia Group
Mail to: The Lydia Group, P O Box 1288, Troutman, NC. 28166
Memo line: Centering Prayer Retreat
 - Paypal: [paypal.me/TheLydiaGroup](https://www.paypal.me/TheLydiaGroup)
- Space is limited; 25 participants
- Questions? Contact registrar, Nancy Bellamy
(nancy@starretrefarmretreat.com / 336-971-7275)