

# **Seven Day Centering Prayer Retreat**

# **April 13th – 19th, 2020**

# Intensive- Post Intensive Retreat

# http://www.princeofpeaceabbey.org/images/pathway-to-retreat-house.jpg

Sponsored by

**Contemplative Outreach of San Diego**

Held at

Prince of Peace Abbey

Oceanside, CA

**Contact: Kathy Di Fede**

619-840-3781

# kathyjoannemarie@gmail.com

Enclosed is:

0 my $100 **non-refundable**   
 deposit

0 my $620 retreat fee

**(Deposit due by Dec. 1, 2019)**

Please make checks   
payable to**: Contemplative Outreach of San Diego (COSD)**

**Mail registration form with check to:**

Margot Laue

4461 Robbins St.

San Diego, CA 92122

San Diego, CA 92122

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Please print)

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Registration Form**

I would like to register for:

0 Intensive Retreat

0 Post-Intensive Retreat

Please indicate any special physical   
needs:

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**Prince of Peace Abbey and Retreat Center**

Prince of Peace Abbey is a Benedictine Monastery located in North San Diego County, CA about two miles east of the Pacific Ocean. It sits on126 acres atop Benet hill and has a panoramic view of the ocean. The Retreat Center offers an atmosphere of prayer and quiet, where retreatants can enjoy the beauty and serenity of the coastal vegetation and wildlife whether praying in the chapel, walking the grounds or resting in the retreat house.

The retreat begins Monday April 13th with dinner at 6 pm and ends Sunday April 19th mid-morning with the closing session.

The fee of $620 includes the retreat, meals and overnight accommodations. Reservations are limited and will be taken in the order in which they are received.

A $100.00 **non-refundable** deposit is required with registration and is due by December 1, 2019

**The Retreat**

The **Intensive Retreat** provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support. There are six 30-minute Centering Prayer periods daily. The prayer is supported with viewing of a selection of Fr. Thomas Keating’s Spiritual Journey video series. Private interviews with the staff available. An established centering prayer practice is highly recommended.

The **Post-Intensive Retreat** provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support. There are seven 30-minute periods of Centering Prayer daily. Participants observe Grand Silence four days during the retreat. Previous participation in a 7 - 10 Day  
Intensive Retreat is recommended for the Post-Intensive.