



Contemplative Outreach Northwest (CONW)



## **6 DAY (5 NIGHT) SILENT CENTERING PRAYER RETREAT**

**Sunday, November 17 (4:00 PM) to Friday, November 22, 2019 (1:00 PM)**

**ST. ANDREW'S RETREAT HOUSE, UNION, WA**

**Registration is now open. Please see the instructions below. Because of the interest shown, registrations will be confirmed based on the postmark date of the \$100.00 deposit mailed to the retreat registrar.**

This retreat provides an opportunity to deepen your established Centering Prayer practice in an atmosphere of silence and community, away from the busyness of daily life, and to allow your mind, body and spirit to surrender to God's presence and action within.

Except for opening and closing times, silence will be observed throughout the retreat, including at meals. A more detailed note will be sent to registrants before the retreat with suggestions for deepening interior silence.

Before attending the retreat, you should have an established daily practice of Centering Prayer for at least six months to one year. This retreat offers **Intensive and Post-Intensive tracks**. The Intensive Retreat is considered a prerequisite for the Post-Intensive Retreat. If you have not attended an Intensive retreat of 5-10 days, we suggest you sign up for the Intensive Retreat. However, each practitioner is unique and you should consider your own needs and experience level.

The Intensive and Post-Intensive tracks feature about three hours of Centering Prayer each day. The Intensive retreatants will also view videos from the Thomas Keating "Spiritual Journey" video series each day.

The Post-Intensive features more silence. No videos are shown, and the retreatants will observe Grand Silence, with no eye contact, to deepen the silence and their practice of Centering Prayer.

## **St. Andrew's Retreat House on Hood Canal (SAH)**

Within two hours of Seattle and about halfway between Belfair and Hoodport, SAH is a beautiful log cabin-style lodge with panoramic views of Hood Canal and the Olympic Mountains.

- Rooms are available for 10 retreatants, each with a private room, and sharing bathroom and showers. All linens are provided. Two double occupancy rooms are available, if requested. It is necessary to climb some stairs to reach most rooms.
- Beautiful chapel for our Centering Prayer periods.
- Retreatants can explore the gardens, stroll on the beach or relax on the front porch.
- Meals are served buffet-style in the dining room. Creative home-style cooking is a St. Andrew's House tradition with nourishing entrees of locally-sourced food.
- St. Andrew's House is on seven acres with a hiking trail available. A 20-minute hike takes you to the upper meadows with great views of Hood Canal and the Olympic Mountains.
- We are the only overnight guests during our retreat.

**For more information contact: Mary Ettel, retreat coordinator, [mylesjl@msn.com](mailto:mylesjl@msn.com)**

### **Registration Information**

**Cost of the retreat includes accommodations, meals and materials.**

\$730 for single occupancy room

\$650 per person for double occupancy room (up to 2 double occupancy rooms are available)

Deposit: \$100 (\$50 non-refundable)

Partial scholarships are available.

**To register and reserve a space, please send a \$100 deposit by check payable to CONW.**

Send your check with the registration form below to the Retreat registrar:

Pam Wilder, 316 W. 9<sup>th</sup> St., Port Angeles, WA 98362

**Registrations will be made in order of postmark dates.**

The remaining retreat balance is due Oct. 1st.

All but \$50 will be refunded for cancellation before Oct. 1st.

After that, refunds (minus the \$50) are issued only if your place can be filled.

**REGISTRATION FORM**

**CONTEMPLATIVE OUTREACH NORTHWEST**

**CENTERING PRAYER RETREAT, Saint Andrew's House, Union, WA**

**Sunday, November 17 (4:00 PM), to Friday, Nov. 22, 2019 (1:00 PM) - 6 DAYS (5 NIGHTS)**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ Intensive Retreat

\_\_\_\_\_ Post-Intensive Retreat

Previous Centering Prayer retreat experience:

Years of Centering Prayer practice:

Major dietary restrictions:

Single Room \_\_\_\_\_

Double Room \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_ (Minimum of \$100.00 deposit. Make checks payable to CONW)

**To register, return this form with your deposit to: Pam Wilder, 316 W. 9<sup>th</sup> St., Port Angeles, WA 98362**