

Centering in a Time of (Seeming) Chaos



Contemplative Outreach of Puget Sound North is delighted to offer a one-day virtual retreat with Bonnie Shimizu. Bonnie is a vibrant and insightful retreat leader, drawing on 26 years' experience assisting Father Thomas Keating, editing his many books and articles. 20 of those years were spent living near St. Benedict's Monastery in Snowmass, Colorado. She now gives presentations on various aspects of the spiritual journey with Centering Prayer, including a contemporary look at the journey into the "Heart of the World" for ordinary contemplatives.

In our virtual retreat **Saturday, November 7th**, Bonnie will offer insights into creatively and compassionately blending Centering Prayer and the gift of Contemplation to clear the chaotic waters that have been 2020, and reveal the perspectives and possibilities that exist for each of us.

The retreat will begin at 10 am and conclude at 3 pm. In addition to Bonnie's insights, there will be times for group Centering Prayer and small group discussions. **Registration is \$15** (*scholarships are available*), payable by check to COPSN at the address on the registration form below. And of course there will be 'break times' including an opportunity for lunch. **The 'link' for the virtual retreat will be forwarded November 6th (the day before the retreat) to all registered participants.** If you'd like to register for the chapter's annual Advent Retreat (also

virtual), you can also do so on the form below. We look forward to sharing the day and Bonnie's insights with you!



Registration for Centering in a Time of (Seeming) Chaos

Name_____

Email_____

Telephone Number_____

I am registering for the Bonnie Shimizu Retreat November 7th (\$15) _____

I wish to register both for the Shimizu Retreat November 7th and the Advent Retreat December 12th (\$25) _____

Please make checks payable to COPSN (Contemplative Outreach of Puget Sound North) and mail to:

COPSN
c/o Jeff Renner
19920 NE 30th Court
Sammamish, WA 98074
(425) 868-8888
