

**EASTER 2023**  
**6 DAY (5 NIGHT) SILENT CENTERING PRAYER RETREAT**  
**Sunday, April 23, 2022 (4:00 PM) to Friday, April 28, 2023 (1:00 PM)**  
**St. Andrew's Retreat House, Union, Washington**

*Continue your Easter journey by deepening your Centering Prayer practice  
in an atmosphere of silence and community, away from the busyness of daily life,  
and allow your mind, body and spirit to surrender to God's presence and action within.*

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This Contemplative Outreach Post-Intensive retreat is designed to deepen your **established** Centering Prayer practice. It will focus on deep silence and simplicity and will not include any videos or other learning material. Each day will feature five prayer sessions that will last from half an hour to an hour and a half (including short contemplative walks). Except for opening and closing times, retreatants will observe Grand Silence throughout the retreat with no conversation and no eye contact.

Before attending the retreat, you should have an established practice of daily Centering Prayer for at least one year and have attended a Centering Prayer Intensive retreat. For more information about the retreat, contact Pam Wilder, Retreats Coordinator and registrar, [pwilder@blarg.net](mailto:pwilder@blarg.net).

## **St. Andrew's Retreat House**

Within two hours of Seattle and about halfway between Belfair and Hoodspport, Saint Andrew's House is a beautiful log cabin-style lodge with panoramic views of Hood Canal and the Olympic Mountains.

- St. Andrew's House is on seven acres with great views of Hood Canal and the Olympic Mountains.
- Rooms are small but comfortable and private. Bathroom and showers are shared. All linens are provided. It is necessary to climb some stairs to reach most rooms.
- Our prayer periods are held in a spacious chapel overlooking Hood Canal.
- Retreatants can explore the gardens, stroll on the beach, or relax on the 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.
- We are the only overnight guests during our retreat.

## Health Precautions

We want you to feel safe and relaxed during your retreat. To that end, we ask that you be fully vaccinated and boosted for COVID-19 by April 9 (two weeks before the retreat). A COVID-19 test will be required and, depending on conditions at the time of the retreat, other restrictions or changes to plans might apply. More specific information will be provided to registrants prior to the retreat.

## Registration

Cost of the retreat is \$800.00. Your fee includes accommodations, meals, and materials.

A deposit of \$100 with your registration secures your place. \$50 is refundable if you cancel before March 12, when the balance of the retreat fee is due.

Partial scholarships are available. Contact Pam at [pwilder@blarg.net](mailto:pwilder@blarg.net).

Registrations will be made in order of postmark dates. To register and reserve a space, please send your check with the registration form below to the retreat registrar:

Pam Wilder, 319 W 9<sup>th</sup> St., Port Angeles WA 98362.

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### REGISTRATION FORM

**CONTEMPLATIVE OUTREACH NORTHWEST  
CENTERING PRAYER RETREAT, Saint Andrew's House, Union, WA  
Sunday, April 23, 2023 (4:00 PM), to Friday, April 28, 2023 (1:00 PM)**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

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

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

Phone \_\_\_\_\_

Years of Centering Prayer practice: \_\_\_\_\_

Previous Centering Prayer retreat experience (approximate number, length and types of retreats):

Major dietary restrictions:

Amount enclosed (make checks payable to CONW\*): \$ \_\_\_\_\_

Return this form with your \$100 deposit to:

**Pam Wilder**

**316 W 9<sup>th</sup> St.**

**Port Angeles, WA 98362**

\*Contemplative Outreach Northwest