



# Centering Prayer Retreat

**28 – 30<sup>th</sup> August  
An Abbey retreat**

Centering Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment.

It is the opening of mind and heart – our whole being – to God. It is beyond thoughts, beyond words and beyond emotions. We open our awareness to the God dwelling within us, closer than our breathing, closer than our thinking, closer than our choosing – closer than consciousness itself.

This silent weekend retreat concentrates on the practice of Centering Prayer. We will sit in Centering Prayer, practise the art of walking meditation and explore the main tools of Centering Prayer.

The retreat hours will flow between Centering Prayer, the Divine Office, teaching and time for prayer and reflection.

Arrive between 3.00 and 4.00 pm on Friday and depart on Sunday afternoon.

**Bookings can only be made by phoning 02 4236 0533.**

**Jambaroo Abbey, 695 Jamberoo Mountain Rd, Jamberoo NSW 2533**