

About Centering Prayer

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer — verbal, mental or affective prayer — into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.

The source of Centering Prayer, as in all methods leading to contemplative prayer, is the Indwelling Trinity: Father, Son, and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. The effects of Centering Prayer are ecclesial, as the prayer tends to build communities of faith and bond the members together in mutual friendship and love.

The Focus for the Week

The Centering Prayer Retreat is an invitation to explore the discipline of Centering Prayer as silent communion with God beyond concepts, words and images. The retreat includes instruction on the method of Centering Prayer as well as lectio divina: and provides a setting in which participants can spend time in extended periods of Centering Prayer. The purpose is to help participants deepen the experience of interior silence and resting in God.

Graduate Theology and Pastoral Ministry
One Winoski Park, Box 252
Colchester, Vermont 05439



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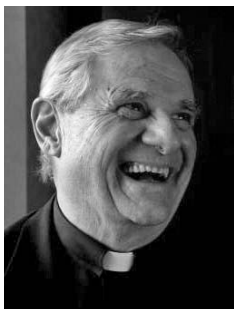
Saint Michael's College

CENTERING PRAYER RETREAT INVITATION TO SILENCE

July 12 – 17, 2009

Father Carl Arico

presented by
Graduate Theology and Pastoral Ministry



Father Carl Arico is a founding member and the vice president of Contemplative Outreach, Ltd., and has been an integral part of the organization's growth and development. Fr.

Arico has traveled extensively in the United States and internationally to present workshops and direct retreats for both priests and laypeople. In addition, he has been continually involved in the enrichment of Contemplative Outreach chapters and in the conception and implementation of many of the organization's programs. Before coming to Contemplative Outreach he served in the Archdiocese of Newark as a parish priest, as a teacher at Union Catholic High School, and was actively involved in the marriage and family ministry in the Archdiocese of Newark and the Province of New Jersey. He was the Director of Priest Personnel for the Archdiocese of Newark from 1980 to 1986. In 1987 Fr. Arico began his ministry with Contemplative Outreach which he co-founded with Fr. Thomas Keating. He is a co-author of the book *Living Our Priesthood Today* (Our Sunday Visitor, 1987) with Fr. Basil Pennington, and the author of *Taste of Silence* (The Continuum International Publishing Group Inc, 1999), a guide to the fundamentals of Centering Prayer.

Retreat Schedule

Sunday, July 12

Registration: 3:00–5:30 p.m.
 Dinner 6:00 p.m.
 Orientation 7:00 p.m.

Monday – Thursday, July 13 – 16

Morning Prayer 7:30 a.m.
 Morning Sessions 9:00 & 11:00 p.m.
 Afternoon Sessions 1:30 & 3:00 p.m.
 Eucharist 4:30 p.m.

Friday, July 17

Morning Prayer 7:30 a.m.
 Morning Sessions 9:00 & 10:30 a.m.
 Eucharist 11:45 a.m.

Accommodations

Participants will be housed in the new Pontigny Residence Hall on the campus of Saint Michael's College. The living learning facility is air-conditioned, and residents are housed in single rooms in six room suites with shared baths. Each suite has a large sitting room with amenities.

Getting to Saint Michael's College

The Burlington International Airport (BTV) in South Burlington and Amtrak station in Essex Junction are both 10-minute drives from campus. The Greyhound Bus station in Burlington is within 15 minutes of campus. Taxi service is available throughout the area. For driving directions see our website at: www.smcvt.edu/directions



CENTERING PRAYER RETREAT

July 12 – 17, 2009

Name _____

Address _____

Telephone _____

Email _____

Registration Fees

Please choose one:

- Retreat \$275
 Retreat plus Room & Meals \$650

A non-refundable deposit of \$50 is due with registration

\$ _____ Total Due

\$ _____ Enclosed

\$ _____ Balance Due on Arrival

Mail your completed registration form by June 1st along with payment to:

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