



Contemplative Outreach of Greater Vancouver

Centering Prayer Silent Retreat October 14-17, 2010

We invite you to answer the timeless invitation to "Be still and know that I am God." If you feel called to deepen your relationship with the Living Christ in silent prayer and to reflect on the contemplative value of "Gratitude," please join us.

"...one of the purposes of prayer is to remind us of the gracious generosity of God and to awaken in us a sense of appreciation for the goodness that is already ours. In prayer, we open ourselves to the abundance of God; here our emptiness becomes a gift ... Occasionally when we least expect it ... we are surprised by joy." (Urgings of the Heart: A Spirituality of Integration, W. Au and N. Cannon)

Anyone who now practices, or is interested in practicing Centering Prayer is welcome. We are only able to accommodate fifteen participants, including your retreat team so we encourage you to register soon.

Date: October 14-17, 2010; Thursday 4:30 pm to Sunday, 10:30 a.m.

Place: Rosemary Heights Retreat Centre, 3690-152nd St., South Surrey

Leader: Erica Thiessen follows the contemplative path and has brought the fruits of her spiritual journey to serve in countries in the Third World and in Canada.

Program: The program will include several Centering Prayer periods, silent retreat time, and reflections on Gratitude

Cost: \$375 includes the retreat program, all meals, three nights' accommodation, and private rooms (shared baths).

Questions/Registration: Please contact Susan by email: burns@sfu.ca or telephone 604-738-4758. To reserve your place, a non-refundable deposit of \$50 (*cheque payable to Contemplative Outreach of Greater Vancouver or COGV*) may be sent to COGV, #56 - 2615 Fortress Dr., Port Coquitlam, BC V3C 6E8.

Contemplative Outreach identifies with the Christian contemplative heritage in which Centering Prayer is rooted. We recognize this heritage as the common ground of Christian unity. For more information, please visit our website <http://www.cogv.org>