

FOUR-DAY CENTERING PRAYER RETREAT

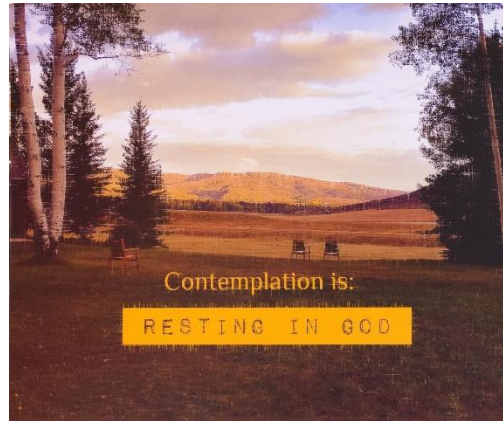
November 5 - 8, 2026

A Taste of Silence

– Divine Presence; The Grace of Being --

“Silence and Contemplation is a way of learning how to, in a nanosecond, instantly surrender your being entirely into God and then walk into the noise and fray with steel nerves – or with a quaking heart, but with steel nerves. . .”

Cynthia Bourgeault



This retreat offers - an opportunity for deeper experience with God through embodiment. “The word embodiment, for me, means physically engaging the heart and body, which is one of the core practices in Centering Prayer.” John Orr.

Details: Sisters of Charity Motherhouse, 5900 Delhi Road, Mt. St. Joseph, OH 45051

Arrival 1:00pm November 5th and Depart after lunch November 8th.

Retreat Leaders: John Orr, Bill Tonnis, Gina DiGirolamo – Commissioned Presenters, Contemplative Outreach, LTD.

Cost: \$420 includes private room w/bath and all meals. \$275 Commuters – includes all meals. Registration with deposit of \$125 or \$75 respectively; required by October 26. *Limited partial scholarships available. Register by mail with the form below or online at cogcnky.org via the Donate link. For online registration, please include information requested in the form below in the comment section of the Donation Page.*

Contact [Bill Tonnis @ billtonnis2012@gmail.com](mailto:billtonnis2012@gmail.com) with questions.

Registration by Mail: Check payable to *Contemplative Outreach of Greater Cincinnati/Northern Kentucky (COGCNKY)*. Mail to COGCNKY c/o JOHN ORR, 5589 Day Drive, Milford, OH 45150. *Please print all information and indicate Commuter/Resident*

Name _____ Address _____

Email _____ Phone _____

Please include a note describing dietary restrictions/mobility limitations with your registration. Thank you.

A digital retreatant packet containing a complete daily schedule, map of grounds, driving and parking directions and more, will be emailed to you a week prior to the retreat.