

# Nine-Day Centering Prayer Retreat

September 9-17, 2026

*“Be still and know that I am God.”  
Psalm 46:10*

## SEPTEMBER 9-17, 2026

This retreat offers an in-depth experience of silent prayer for those who already have an established practice of Centering Prayer of 6 months or more. It is an opportunity for deeper union with God through communal sharing of silence and stillness. This retreat offers three tracks simultaneously: Intensive I, Intensive II, and Post Intensive.

- **Intensive I and II:** Daily there will be 3 sets of two 30-minute periods of centering prayer including an intervening meditative walk before breakfast, lunch and dinner. You will also view videos twice daily from The Spiritual Journey series of talks by Fr. Thomas Keating. If this is your first centering prayer retreat of this length, we suggest you choose Intensive I.
- The **Post-Intensive** track is normally for those who have previously participated in two or more Intensive Retreats. The Post-Intensive participants will have additional optional sessions of Centering Prayer and no group education time.

Fr. Bill Sheehan will offer a contemplative Eucharist. Optional soul-friending with staff is available. The retreat will be facilitated by Contemplative Outreach staff.



## SCHEDULE:

- Arrival: Wednesday, Sept 9, from 2 pm to 4 pm.
- Opening session: 4:30 pm, dinner at 5:30 pm
- Retreat ends: Thursday Sept 17th 11 am (noon lunch optional).

## FOR MORE INFORMATION:

Bob Gorman 614-531-4563 [rbrtgorman@protonmail.com](mailto:rbrtgorman@protonmail.com)

## TRAVELING TO JESUIT RETREAT CENTER PARMA, OHIO:

The Cleveland Hopkin International Airport is 15 minutes from the Jesuit Retreat Center which is located at 5629 State Rd. Cleveland, Ohio 44134.

## RETREAT PRICES MEALS INCLUDED:

- Single Room Private Bath \$1500
  - Double Room Private Bath \$1100
  - Single Room Communal Bath \$950
  - Double Room Communal Bath \$800
- (a \$100 non-refundable deposit will be required when you register)

The estimated cost per person for a retreat of 20 participants is in excess of \$1400. The generosity of a past participant allows us to offer discounted prices. Partial scholarships are available.

Nonrefundable deposit for all registrations is \$100. Register by mail with the form below or by email [rbrtgorman@protonmail.com](mailto:rbrtgorman@protonmail.com) Contact [rbrtgorman@protonmail.com](mailto:rbrtgorman@protonmail.com) with questions.

When registering by Mail, please include a check payable to *Contemplative Outreach of Columbus*.

Please print all information. Mail to  
*Contemplative Outreach of Columbus*  
1101 N Grove Ave,  
Oak Park, IL 60302

Name \_\_\_\_\_ Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Check one:  Intensive I  Intensive II  Post-Intensive