

# Letting Go

*A Weekend Centering Prayer Retreat*

*Led by*

**Fr. Bill Sheehan, OMI**

April 9 – 11, 2010

Friday, 6:00 p.m. – Sunday, 2:00 p.m.

*A SILENT WEEKEND FOR MEN AND WOMEN*

The Well Retreat Center

18047 Quiet Way  
Smithfield, VA 23430-6411  
757-255-2366

Tom and Linda Ashe, Co-directors  
e-mail: [staff@thewellretreatcenter.org](mailto:staff@thewellretreatcenter.org)

Sponsored by Retreats  
Lynne Larson

757-420-3825  
e-mail: [llarson24@cox.net](mailto:llarson24@cox.net)



**Father Bill Sheehan, OMI**, has been deeply committed to Contemplative Outreach since it was founded in 1983 by Fr. Thomas Keating, OCSO. For more than two decades he has led centering prayer workshops and retreats throughout the United States and abroad. This weekend marks his seventh retreat in Hampton Roads. He has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial, and director of the Oblate House of Theology. In addition to his centering prayer ministry, he serves on the Advisory Board of the quarterly magazine *Human Development*. Currently he lives in the St. Eugene House Oblate Residence in Lowell, Massachusetts.

**Letting Go** will guide us to deepen our centering experience and focus on the consent to God's invitation to love and be loved. The willingness to turn our life and will toward our creator loosens ties that bind us to an over-identification with the false self. Centering prayer plays an essential role in our transformation, as we learn to be free of distractions, attachments and addictions—whatever obstacle that prevents us from feeling the presence of the divine indwelling. Stepping away from the busyness and pace of life, we answer the call to be companions on this journey, with each other and with the Holy Spirit.

Fr. Bill will use scripture and theology, as well as fundamentals of human development and psychology to explore the power of letting go and living in the present moment. Lectio divina, or divine reading, will be included in our weekend centering practices.

## Schedule

Our weekend will begin with arrival on Friday evening at 6:00 p.m., followed by dinner, and end on Sunday at 2:00 p.m. The weekend schedule will include:

- ❖ Centering Prayer Sessions
- ❖ Time for quiet and rest
- ❖ Opportunities for questions/sharing
- ❖ Celebration of Eucharist

## Cost and Room Arrangements

The cost for the retreat is \$160.00 per person for a double occupancy room. Six single rooms are available on a first come-first served basis for \$210.00 each. You may indicate your roommate choice on the registration form—every effort will be made to accommodate your choice. All meals and accommodations are included in the fee. Most of the gathering for this weekend will be in the Walter Sullivan Meeting Room. The Mary Chupein Lending Library available for your use has over 2,500 volumes and 1,000 audio cassettes.

## About The Well

The Well is a Christ-centered retreat facility open to people of all faiths in the farmland of Smithfield, operated by the Catholic Diocese of Richmond, Virginia. Tom and Linda Ashe are The Well directors. There are overnight accommodations for 32 retreatants. Overlooking a spring fed lake are four hermitages, each with four rooms. The rooms have two single beds and a private bath. Two of the rooms are larger and handicap accessible, allowing the use of wheelchairs. Each room also has a desk, chair and chest of drawers. Linens and towels are provided. The bed is made when you arrive, and you are asked to remake the bed with clean linens before you depart. You are invited to say a prayer for the next person who will use your room.



## Directions to The Well

### From Downtown Norfolk or Virginia Beach

Take Downtown Tunnel to Portsmouth 58 West. Stay on 58 W By-pass for almost 10 miles. Exit at Rt. 10/32 – Suffolk/Smithfield. Go right onto Rt. 10 (toward Smithfield), 9 miles to the village of Chuckatuck. Pass the 7-11 on your right, go 1 mile and turn right onto Cherry Grove Road (Rt. 600). Go 1 mile, turn left to The Well.

### From the Ghent Area of Norfolk

Take the Midtown Tunnel to Portsmouth, Rt. 164 and cross West Norfolk Bridge to State Rt. 164 (Western Freeway). Follow Rt. 164 until it ends at Rt. 17 North. Continue on Rt. 17 almost 10 miles. Go left onto R258/32 (toward Smithfield). At the second traffic light, turn left onto Cherry Grove Road (Rt. 600). Go 1 mile, turn left to The Well.

### From the Peninsula and Richmond

Take I-64 East to Hampton area, exit to Mercury Blvd. Rt. 258 South. Take 258 South to the James River Bridge. Cross the bridge and go to the second traffic light. Turn right onto Rts. 258/32 (divided highway) for about 3 miles to the second traffic light. Turn left at the light to Rt. 10 South, (toward Suffolk). Continue for approximately 4 miles until the divided highway ends. Turn left onto Cherry Grove Road (Rt. 600). Go 1 mile, turn left to The Well.

**Registration Form -- Fr. Bill Sheehan, OMI, Letting Go Weekend Retreat  
April 9 – 11, 2010**

---

Name

---

Address

---

City State Zip Code

---

Home Phone

---

Work Phone

---

E-mail Address If you are in a Centering Prayer Group, please indicate where you meet.

Reservations are required.

Non-refundable deposit: \$30.00 for Double Room \$40.00 for Single Room

Double Room - \$160.00 Each Single Room \$210 (Six single rooms are available.)

Please indicate your preference:

Double Room \_\_\_\_\_ Single Room \_\_\_\_\_

I need a handicap-accessible room. Yes \_\_\_\_\_ No \_\_\_\_\_

I want to request \_\_\_\_\_ as my roommate.

Make check out to **Retreats** and mail to:

Retreats  
6612 Pinewood Court  
Virginia Beach, VA 23464

For further information, call Lynne Larson at 757-420-3825 or e-mail [llarson24@cox.net](mailto:llarson24@cox.net)