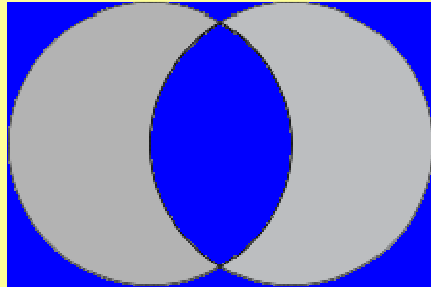


Calm Heart, Clear Mind



A Weekend Centering Prayer Retreat

Led by

Fr. Bill Sheehan, OMI

October 7 - 9, 2011

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

Sponsored by Retreats
Lynne Larson
757-420-3825
e-mail: 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.

Calm Heart Clear Mind will guide us to a deeper inner realization of God's call to us for trust and faith. Our focus will be on resting in God's embracing love amidst our life journey. Centering prayer opens us, loosening our resistance and attachments, while helping us to grow in compassion and acceptance. Fr. Bill will use scripture and theology, as well as fundamentals of human development and psychology to explore the power of living in the present moment. Lectio divina, or divine reading, will be included in our weekend centering practices.

"The chief function of the will is not effort but consent."
Thomas Keating, *Open Mind Open Heart*

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.

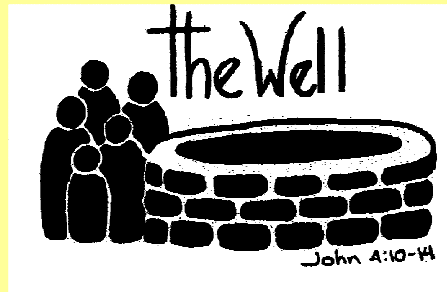
Breathe in "calm heart," breath out "clear mind."
Thich Nhat Hanh, *The Miracle of Mindfulness*

"For all that has been, thank you. For all that is to come, yes!"
Dag Hammarskjold, *Markings*

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.

Tom and Linda Ashe, Co-directors
e-mail: staff@thewellretreatcenter.org



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, Godwin Blvd., (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 Virginia Beach

Take 264 to 64 East toward Chesapeake/Suffolk. Merge onto I-664. At Bowers Hill take Exit 299B. Stay in the left lane of the lanes exiting to the right. Go 10 miles to Exit at Rt. 10/32 toward Suffolk/Smithfield. Go right onto Rt. 10, Godwin Blvd., toward Smithfield,. Go 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, From God's Point of View Weekend Retreat
October 7 - 9, 2011**

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