

LIVING A CENTERED LIFE

A Weekend Centering Prayer Retreat

Led by

Fr. Bill Sheehan, OMI

April 11 – 13, 2008

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, Director

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. 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 work, he serves on the Advisory Board of the quarterly magazine *Human Development*. Currently he lives in the Oblate House of Prayer in Lowell, Massachusetts.

Living a Centered Life retreat will focus on deepening our centering experience and integrating the Welcoming Prayer into our lives. The weekend is open to men and women with a practice of centering prayer.

For more information, contact Lynne Larson at 757-420-3825 or e-mail: llarson24@cox.net