

OPEN ARMS:

Transformation Through Forgiveness & Surrender

A Weekend Centering Prayer Retreat

Led by

Fr. Bill Sheehan, OMI

April 24 – 26, 2009

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. This weekend marks his sixth 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.

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 Open Arms Retreat will focus on deepening our centering experience and integrating the Forgiveness 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