

Advanced Centering Prayer Retreat: Deepening the Silence

Sunday – Sunday, November 26 – December 3

Becky Hannah, Joan Ricci Thome, & the Rev. Bob Cook

Valle Crucis Conference Center

146 Skiles Way

Banner Elk, NC 28604

828-963-4453

\$533 Full Program

Housing in the Inn

This retreat is for those who would like a more prolonged experience of centering prayer and who are interested in entering into the more profound levels of spiritual practice in an atmosphere of silence, solitude, and community.

Centering prayer is a silent form of prayer that directs a person's attention toward God, with ancient roots in the mystical and monastic tradition. The retreat will help participants develop and sustain a regular centering prayer practice. In addition to several centering prayer periods offered daily, you will also have opportunities for contemplative worship, individual meetings with retreat leaders, walks and hiking, labyrinth walks, and time for solitude and reflection.

Retreat leaders are Becky Hannah, co-coordinator of Contemplative Outreach of Western NC, and Joan Ricci Thome, presenter of contemplative prayer retreats at the Oratory and St. Francis Springs Prayer Center. The Rev. Robert Cook, Vicar of Christ Church, Walnut Grove, NC is spiritual director for the week. Joan and Becky have both been trained to facilitate centering prayer by Contemplative Outreach, the organization founded by Father Thomas Keating as a spiritual network committed to living the contemplative dimension of the gospel in everyday life.

Due to the length of this retreat, each participant should have an established practice of centering prayer for at least a year. This retreat is limited to the first 20 registrants. Participants must stay on campus and plan to attend the entire retreat.

If you have questions about the contents or itinerary for the retreat, please feel free to contact Becky Hannah at (828) 702-3518.

To Register and Pay Online