

From the Mind to the Heart: Exploration of Intuitive Wisdom on the Spiritual Journey

A Weekend Retreat to Deepen the Contemplative Dimension of Life

Retreat guide *Alan Krema*



~~February 9-11, 2018~~

Rescheduled for April 6-8, 2018 (due to snowstorm)

Begins with Supper on Friday at 6:00 PM

The Portiuncula Center for Prayer
9263 West Saint Francis Road
Frankfort IL 60423

*The two nearest rail stations to "The Port":
Hickory Creek (Rock Island Line) and Matteson (Metra Electric Line)*

**Sponsored by
Contemplative Outreach of Chicago**

This retreat will explore the embodied Wisdom dimension of the spiritual journey. We will explore attentiveness to our wholeness in mind and heart and how this can deepen presence in Centering Prayer, Welcoming Prayer, and Lectio Divina. Those present will be offered opportunities to access our interior being through the heart as an embodied connection to Christian contemplative spirituality.

TWO WAYS TO REGISTER

Lodger: 2 nights lodging and five meals.
(6:00 PM Friday – 12 PM Sunday)

Commuter: no lodging, five meals
(6:00 PM Friday – 12 PM Sunday)

What can I expect on this retreat?

Registration and room check-in at "The Port" begin at 5 PM on Friday. Dinner is served at 6. The retreat begins at 7. This is primarily a silent communal retreat punctuated with small conferences and some time for optional sharing. Saturday meals will be in silence. Mass is available on-site on Sunday morning with our hosts, the Franciscan Sisters of the Sacred Heart, across from the Port.

What do I need to bring?

You may wish to bring your personal copy of the scriptures, although each room in the Port has a copy of the scriptures in them. Other useful items: (1) an alarm clock, and (2) if you normally use something other than a chair for your centering prayer periods, then bring what you use so that your prayer periods will be physically comfortable. Wear comfortable clothes and shoes. St. Francis Woods, the property surrounding the retreat center, has many walking trails both paved and unpaved, in an attractive park and an inviting forest and creek. Each Lodger will have a private room with a desk, sink, bed, comfortable chair and closet. The showers and toilets are located off the hallways. Commuters will have the many quiet spaces and comfortable lounge chairs spread throughout the Port.

Who is the guide for the retreat?

Alan Krema is a Wisdom student with Cynthia Bourgeault and has completed the Living School program at the Center for Action and Contemplation. Alan is a long time practitioner of centering prayer as well as facilitator of several centering prayer groups. Alan currently serves as chapter coordinator for Contemplative Outreach Chicago

Prerequisite?

Please have a regular practice of centering prayer before registering for this retreat.

Registration Form
Contemplative Outreach Retreat: April 6-8, 2018

 Lodger: \$230 includes 5 meals, two nights lodging in a private room, and materials. (Double occupancy \$210: please indicate your roommate _____.)
 Commuter: \$140 includes 5 meals and materials, retreat common spaces.

Please make your check to Contemplative Outreach and mail it, and your registration, to **Barb Krema, 822 Bakewell Lane, Naperville IL 60565,** (barbkrema@gmail.com)

Name

Address

Phone

Email Address

Scholarship financial assistance is available. Contact registrar for more information.