



The Process of Humility and Centering Prayer

December 11-13, 2015

Siena Retreat Center - Racine, Wisconsin

Everyone admires the quality of humility in others while hoping to foster humility in their own lives. Join presenter Shawn Kafader as we explore the contemplative dimension of the Process of Humility as presented in the Rule of St. Benedict and how the daily practice of Centering Prayer deepens this quality throughout our spiritual journey. This retreat will include four conferences, personal reflection time, group Centering Prayer sessions, and wisdom circle sharing.

Presenter

Shawn Kafader resides in Mt. Prospect, Illinois, a northwest suburb of Chicago. He has practiced Centering Prayer for over 25 years, facilitates a Centering Prayer group and has served on the Chicago chapter leadership team. Shawn is a former member of the national Contemplative Outreach Chapter Program and Service team. He is an ordained non-denominational minister, Licensed Professional Clinical Counselor and ministers as Healthcare Chaplain and Clinical Counseling Intern Supervisor at Friendship Village of Schaumburg, IL. Shawn enjoys leading contemplative retreats and designing group rituals. He is a Conversi Lay Cistercian of New Melleray Abbey, Dubuque, Iowa. He is married and father of two adult children.

Location **Siena Center** is located on the beautiful shores of Lake Michigan. The smoke-free facility includes private bedrooms with bath, an elevator to all floors and is accessible to moderately handicapped persons.

Schedule Retreat begins at 7:00pm on Friday and ends with 12 noon lunch on Sunday. Registration is on Friday December 11 beginning at 3:00pm. Optional centering prayer session on Friday at 4:45pm and optional evening meal at 5:30pm.

Registration

The fee is \$245, includes room, board, snacks, and handout materials. Deadline is December 4, 2015.

Please enclose a \$75 deposit of which \$25 is nonrefundable.

The balance of the retreat fee (\$170) is due by December 4, 2015.

Based on need, a limited amount of scholarship money is available, up to \$100 per person.

Please indicate the scholarship amount and the reason for the request.

For anyone who is able, donations to the COSEW Scholarship Fund are welcome.

Name: _____

Address: _____

City/St/Zip: _____ Phone: _____

E-mail: _____

Please indicate special dietary or physical needs _____

Make checks payable to: **COSEW**

Send to: Sr Kathryn Ann Kobelinski, kkobelinski@ssnd-milw.org; 1910 Bolivar Ave. Milwaukee WI 53221 414-282-7310