

The Welcoming Prayer Practice: A Weekend Exploration

A Weekend Retreat to Deepen the
Contemplative Dimension of Life



February 22-24, 2019

Begins with Supper on Friday at 6:00 PM; ends Sunday late morning

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)*

Retreat Guide: Alan Crema

Sponsored by Contemplative Outreach - Chicago

This retreat will introduce the basics of the Welcoming Prayer Practice and explore the embodied Wisdom dimension of the Welcoming Prayer. We will explore attentiveness to the wholeness of our being and open to the knowledge and presence resident in our bodies. Centering Prayer and the Welcoming Prayer Practice will open us to a deepening sense of presence. We will explore the calling to live in a higher mode of consciousness, one of abundance and liberation. This invocation comes with responsibility to remove the obstacles we own in our body which arise from the addictive and reactive structures that restrict our growth.

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 sharing. Saturday meals will be in silence.

Catholic 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 provides 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 presenter of Centering Prayer and Welcoming Prayer for Contemplative Outreach. Alan 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.

TWO WAYS TO REGISTER
Lodger: 2 nights lodging and five meals.
Commuter: no lodging, five meals.
(6:00 PM Friday – 12 PM Sunday)

Winter Weekend Retreat Registration Form

February 22-24, 2019 // 6:00PM Friday – 11:00am Sunday

___ **Lodger:** \$230 includes five meals, two nights lodging in a private room, and materials.

(Double occupancy \$210: please indicate your roommate _____)

___ **Commuter:** \$140 includes five meals, retreat common spaces, and materials.

Lodging is limited, so please register early to ensure overnight accommodations.

Your name: _____ Phone: _____

Address: _____

Town/City, State, Zip: _____

Email: _____

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

Please make your check payable to Contemplative Outreach and mail it, along with this completed registration form, **to arrive no later than February 15**, to:

Barb Krema
822 Bakewell Lane
Naperville IL 60565

Or... Register online at
www.centeringprayerchicago.org