

# Centering Prayer Intensive and Post Intensive Retreats

**Siena Retreat Center  
5637 Erie St.  
Racine, WI 53402  
(262) 898-2590  
<https://www.sienaretreatcenter.org>**

**The Center is located  
83 miles north of Chicago  
On the shore of Lake Michigan**

**The facilities are all private bedrooms each with private bath. Linens and towels are provided. There is elevator access to all floors. Retreatants have access to a small prayer/meditation room, the outdoor labyrinth, washing machine and dryer on each floor, and Creativity room with a variety of art supplies.**

**Retreatants are welcome to walk the grounds of Siena Center, which includes a natural prairie, a path through the woods, and the beach along Lake Michigan.**

**It is a place where you can enter your heart's center to rest, refresh, and meet again the God who loves you.**



**Sunday June 13 to  
Saturday June 19, 2021**

**Sponsored by  
Contemplative Outreach  
of Chicago**

**Held at  
Siena Retreat Center  
Racine, WI**

**(Max capacity: 20.  
Minimum registrants needed: 10)**

## Registration Form

\_\_\_\_ Intensive Retreat

\_\_\_\_ Post Intensive Retreat

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Telephone \_\_\_\_\_

Enclosed is my check for:

\_\_\_\_\_ \$775.

\_\_\_\_\_ \$100 retreat deposit. Full payment needed by June 1, 2021.

Limited scholarships available.

Please indicate any special dietary or physical needs  
\_\_\_\_\_

Make checks payable to:

**Contemplative Outreach Chicago**

Mail to: Charlie Welsh

2279 Kaskaskia Ct, Naperville, IL 60565

Email: [welshce@gmail.com](mailto:welshce@gmail.com)

### Seven Day Intensive and Post Intensive Retreats June 13-19, 2021

The Intensive Retreat provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support. There are up to six 30-minute Centering Prayer periods daily. This prayer is supported with viewing a selection of the Spiritual Journey video series by Fr. Thomas Keating. Private interviews with the retreat guides can be scheduled.

The Post-Intensive Retreat provides an opportunity to deepen the practice of Centering Prayer and Lectio Divina in an atmosphere of profound silence and community support. There are up to seven 30-minute periods of Centering Prayer daily. Participants observe Sacred Silence four days during the retreat. Previous participation in an Intensive Retreat is a prerequisite for the Post-Intensive.

**Registration:** Registration begins at 2 pm Sunday. The retreat begins at 3pm, and concludes with the noon meal on Saturday June 19. Cost of the retreat including room, meals, and materials is \$775 for private room with private bath. A non-refundable deposit of \$100 must be included with your registration. Balance of payment due by June 1. Any funds deposited for this retreat will be refunded to you if the retreat is cancelled for any reason. Only limited refunds will be given for cancellation after June 1.

### About the Retreat Guides

**Ann Koerner, CSA**, is a Sister of St. Agnes and holds a Masters in Christian Spirituality from Creighton University in Omaha NE. Since 1986 she has been a spiritual companion and retreat director. In 1996 she was introduced to Centering Prayer. Currently Ann is a commissioned presenter within Contemplative Outreach (CO) and serves as Coordinator of the CO Chapter in Wisconsin. Over the last ten years she has felt called to facilitate Centering Prayer retreats during which she keenly experiences God's presence.

**Sandy Janowski** is a retired Social Worker, Addiction Counselor and Community College Adjunct Instructor. In 2009 she was commissioned by the Institute of Spiritual Companionship and has been a practitioner of Centering Prayer since 2001. Sandy serves on the Circle of Service for Contemplative Outreach Chicago. Sandy is a mother, grandmother, and great grandmother.