

Prayer in Secret

Matthew 6:6

May 31, 2009 9:00 am to 3:00 pm

St Benedict Monastery

9535 Linton Hall Road, Bristow VA 20136

Directed by Father Bill Sheehan, OMI

This *Day of Reflection* will encourage you to deepen your prayer practice in an atmosphere of silence and solitude within a supportive community of prayer. This deeper level of profound spiritual practice will be aided by Centering Prayer, Eucharist and conferences by Father Bill.

Father will speak to Centering Prayer and some follow-up practices that support prayer in secret, e.g., FORGIVENESS PRACTICE, WELCOMING PRAYER, and *LECTIO DIVINA* and how they help awaken within the fruits and gifts of the Holy Spirit.

Please note: Introductory sessions on the practices of Centering Prayer will not be offered.

The Schedule will include:

- Periods of Centering Prayer
- Conferences by Father Bill
- *Lectio Divina*, Welcoming Prayer and Forgiveness Practices
- Opportunities for questions and sharing
- Mass

Please bring:

- Bible
- Journal, writing paper and pen

The Director

Father Bill Sheehan, OMI, is an experienced and beloved retreat director. He has been involved with Contemplative Outreach since 1983, practicing centering prayer and guiding others in this way of prayer for more than 25 years. Father Bill has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial and director of the Oblate House of Theology. Father Bill lives in an Oblate House of Prayer in Massachusetts.

Cost: The suggested offering for this day is \$50.00. Morning refreshments and lunch are included.

REGISTRATION

NAME _____

TELEPHONE _____

EMAIL _____

PAYMENT OF \$_____ IS INCLUDED.

Please mail registration to BPC, 9535 Linton Hall Road, Bristow, VA 20136