

ST. VINCENT DE PAUL CHURCH ANNUAL RETREAT

Friday, May 11 – Sunday, May 13, 2018

The Prayer Life of Jesus and Centering Prayer

This year we will deepen our spiritual lives by seeing how Jesus lived and how he calls us to follow his lead with Centering Prayer. We will discuss what Jesus meant when he told his disciples to “go to your inner room to pray” and learn to incorporate this quiet prayer in our everyday lives. In the sessions, we will have presentations, discussions and time to practice centering prayer. We may find that this form of prayer changes our lives for the better!

Retreat Director: Sister Lois Barton, C.S.J.

Peaceful, Spiritual, Community-Building, and Fun!

- ❖ **Children** are welcome (and free)! Age appropriate children’s programs free up parents, enabling them to participate fully.
- ❖ **Setting:** Lovely, green Nawakwa Retreat Center near Gettysburg, PA, with hiking trails, playgrounds and a labyrinth.
- ❖ **Rooms:** Stay in one of two lodges or bring your gear and camp.
- ❖ **Meals:** Saturday lunch and dinner and Sunday lunch are included but bring your own breakfast.
- ❖ **Mass:** A vigil Mass will be celebrated on Saturday afternoon.
- ❖ **Cost:** Suggested donation is \$100 per adult and \$50 for campers and Saturday-only attendees. Kids are free.
- ❖ **Registration:** Register at the table in the Undercroft or [register online](#). Partial scholarships available for St. Vincent de Paul parish members only.

Too busy? Come for Saturday only.

LOCATION:

Nawakwa Retreat Center
1033 Nawakwa Road
Biglerville, PA 17307 (near Gettysburg)
www.lutherancamping.org/nawakwa

ST. VINCENT DE PAUL RETREAT SCHEDULE 2018

The Prayer Life of Jesus and Centering Prayer

Retreat Leader: Sister Lois Barton, C.S.J.

(All sessions will be held in Zinn-Tozer Lodge, Camp Nawakwa)

Each session will include a presentation, question and answer opportunities and a practice session.

Friday, May 11

- 8:00 pm Welcome and introductions
- 8:15 – 9:15 pm **Session 1: Discovering the Path of Centering Prayer**
- Presentation

Saturday, May 12

- 9:30 - 11:30 am **Session 2: Learning the Path of Centering Prayer**
- Presentation
 - Silent reflection
 - Discussion in small groups
- 12:00 - 1:00 pm Lunch in the dining hall
- 1:00 - 3:00 pm Free time
- 3:00 - 4:00 pm Liturgy – Father Ray Chase
- 4:00 - 6:00 pm **Session 3: Practicing on the Path of Centering Prayer**
- 6:00 – 7:00 pm Dinner in the dining hall

Sunday, May 13

- 9:30- 11:30 am **Session 4: Sharing the Path of Centering Prayer**
- Presentation
 - Silent reflection
 - Discussion in small groups
- 12:00 – 1:00 pm Lunch in the dining hall and adjourn