



# Contemplative Outreach of Greater Vancouver

SILENCE  
SOLITUDE  
SOLIDARITY  
SERVICE

## Annual Centering Prayer Silent Retreat Bethlehem Retreat Centre, 2371 Arbot Road, Nanaimo, B.C., V9R 6S9 Tuesday June 6th to Saturday 10th 2023



*Photo courtesy of Judith Ann Donaldson BRC Retreat 2022*

### New!! Dual Track Program

**Track 1: Regular Intensive:** Provides an opportunity to deepen the practice of Centering Prayer in an attitude of silence and community support. Features video teachings of Thomas Keating.

Or

**Track 2: Post Intensive:** Provides an opportunity for intensive Centering Prayer, Lectio Divina, solitude and silence in community. (Prior experience of a Regular Intensive Centering Prayer Retreat is necessary to participate in a Post Intensive) No video teaching - extended time of centering prayer in community.

We welcome all who have a Centering Prayer or Silent Meditation practice and are called to deepening the practice in silence and solitude while in community.

**Cost: \$825.00 - includes retreat, private room, shared bath, and meals**

**Register Early to secure your place - Only 9 Spaces left**

Partial scholarships are available upon request.

To register and for further information, or to apply for a scholarship contact:

chris.kesans@gmail.com or 604-944-7447

### Registration

Please indicate which track you are interested in: Track 1 \_\_\_\_\_ or Track 2 \_\_\_\_\_

Please send your cheque to Christine Kesans, 210 – 3280 Plateau Blvd, Coquitlam, BC. V3E 3J5

Cheque payable to **COGV**, Please include your contact information:

Name: \_\_\_\_\_ email: \_\_\_\_\_

Phone: \_\_\_\_\_ Name of practice group: \_\_\_\_\_

(If you don't attend a centering prayer group simply let us know your town/city)

We also accept e-transfers by emailing Christine at: chris.kesans@gmail.com