



## 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 Monday June 2<sup>nd</sup> to Saturday June 7<sup>th</sup>, 2025



*The Garden – Vincent van Gogh*

#### 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, 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**

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

**Cost: \$975.00 - includes retreat, private room, shared bath, and meals**  
**A non-refundable deposit of \$100 by April 1<sup>st</sup>, 2025, will guarantee your space.**

**Final Payment due May 1<sup>st</sup>, 2025**

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 June Retreat 2025

Please indicate which track you are interested in:

Track 1 Regular Intensive [with video teaching] \_\_\_\_\_

or Track 2 Post Intensive [no videos] \_\_\_\_\_

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

Cheque payable to **COGV**, or e-transfer to: chris.kesans@gmail.com

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)