



**Contemplative Outreach of Greater Vancouver
Annual Centering Prayer Silent Retreat
Monday June 1st to Sunday June 7th, 2026**

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

Bethlehem Retreat Centre, 2371 Arbot Road, Nanaimo, B.C., V9R 6S9



Emilio Zocchi, Young Michelangelo

*"... how are you to see into a virtuous Soul and know its loveliness?
Withdraw into yourself and look. And if you do not find yourself
beautiful yet, act as does the creator of a statue that is to be made
beautiful: he cuts away here, he smooths there, he makes this line
lighter, this other purer, until a lovely face has grown upon his work.
So do you also: cut away all that is excessive, straighten all that is
crooked, bring light to all that is overcast, and labour to make the glow
of beauty shine and never cease chiselling your statue.'*

- John O'Donohue. Beauty

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: \$1,350.00 - includes retreat, private room, shared bath, and meals

A non-refundable deposit of \$100 by March 1st, 2026, will guarantee your space.

Final Payment due April 15th, 2026

Partial scholarships are available upon request.

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

chris.kesans@gmail.com or 604-817-6840

Registration June Retreat 2026

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)