



Dual Track Intensive Centering Prayer Retreat Intensive/Post Intensive Retreat

At the Bosque Retreat Center in
Albuquerque, NM

www.bosquecenter.org

**Sponsored by Contemplative Outreach of New Mexico
September 21 to September 27, 2020**

Centering Prayer Intensive Retreats

Intensive Retreats provide an opportunity to immerse participants in the practice of Centering Prayer, as taught by Contemplative Outreach. Throughout the retreat experience one becomes more immersed in the conceptual background of the spiritual practice.

The Intensive Retreat includes up to three hours of Centering Prayer and a DVD about the spiritual journey each day. Soul friending with the staff can be scheduled. An established practice in daily centering prayer of at least 6 months is highly recommended.

Centering Prayer Post Intensive Retreats

Post Intensive Retreats provide an opportunity for even more intensive Centering Prayer, solitude and silence in community. The Post Intensive is much more silent, in that no DVDs are shown, and it includes up to five hours of Centering Prayer daily. Most days are spent in "grand silence," when you are asked not to speak or make eye contact. Most Post Intensive retreatants have been doing Centering Prayer for a year or more and have also experienced a previous Intensive Retreat, so the silence can be very deep.

Before attending one of these retreats, one should have an established daily practice of Centering Prayer for at least six months to a year. It is assumed one has a foundation fairly well in place and the focus of the retreats is on the refinement of Centering Prayer practice itself.

Retreat Leaders

Susan Rush (Santa Fe, NM) Susan has been serving in the field of health care throughout her adult life. She has been involved with Contemplative Outreach for about three decades. Susan was the founding coordinator of Contemplative Outreach of New Mexico, and served on the governing board of CO, Ltd for ten years. Currently she serves as a spiritual director and retreat facilitator. Susan is a presenter for the Living Flame program and the Servant Leadership Program. She serves on the Retreat Service team for Contemplative Outreach Ltd. She continues to serve us here in NM. The opportunity to serve in Contemplative Outreach communities has been a great gift in her life.

Denise Tierney (Rio Rancho, NM) Denise's career in Rehabilitation/Mental Health services spanned 40 years. She facilitated *At Home Retreats* in NY prior to moving to NM. She was introduced to Centering Prayer in 1994. She is the current Coordinator of Contemplative Outreach NM, a Commissioned Presenter for Centering Prayer and a Group facilitator.

Schedule and Cost

The retreat begins with dinner on Monday September 21, 2020 and closes Sunday morning, September 27, 2020 by 11:00 a.m. The fee of \$725 includes the retreat, meals and a single room with centrally located shower/baths. There is a sink in each room.

Queen bed with private bath - \$815 (2 available)

Queen bed with shared bath - \$770 (4 available)

For 2 folks in a Queen room there is the additional cost of meals for the second person.

Reservations will be taken in the order in which they are received.

A \$100.00 non-refundable deposit is required with registration. **Registration begins March 1, 2020. Full payment is due by August 21, 2020.**

Contact: Denise Tierney or Connie Medhara

conm2016@gmail.com

505-328-8300

Please email the registration information below to conm2016@gmail.com

Once your registration has been confirmed deposit can be made through check made out to Contemplative Outreach of NM or through PayPal on our website at www.centeringnm.com

[Since an Intensive Retreat is designed to offer a deepening of the contemplative experience, commuting is not recommended.](#)

A limited number of partial scholarships are available. Email us at conm2016@gmail.com for details.

Registration Form (information can be emailed)

Indicate choice: Intensive Retreat _____ Post Intensive Retreat _____

Name _____

Address _____

Phone _____

Email _____

Dietary/Special need:
