



**Mornings of Centering Prayer and Spiritual Enrichment  
A Series of Half-Day Saturday Retreats  
February 6, March 6, April 3, 2010**

*If I rise on the wings of the morning  
even there your hand will guide me - Psalm 139*

**Description:** Contemplative Outreach of Metropolitan Washington (COMW) invites you to a series of half-day morning retreats. The retreats are offered to those who wish to deepen their current practice of centering prayer, experience extended prayer time with like-intentioned others in a retreat setting, reestablish their practice, and/or simply draw closer to God in silence. The retreats, offered to individuals with a regular practice of centering prayer for at least three months, consist of:

- periods of centering prayer
- a period lectio divina (divine reading)
- viewing the new DVD series from Fr. Thomas Keating entitled, "[Heartfulness: Transformation in Christ](#)"

You are most welcomed to attend one, two or all three mornings.

**Place:** [St. John the Baptist Catholic Church](#), 12319 New Hampshire Avenue, Silver Spring, MD. See [map](#).

**Dates:** Saturdays, 9:00 am - 12:30 pm, February 6, March 6, April 3 (Holy Saturday), 2010.

**Facilitation:** Ron Barnett (February 6), Guy Semmes (March 6), LJ Milone (April 3)

**Registration:** Preregistration is enthusiastically encouraged and a donation of \$10 to COMW per retreat is suggested. To preregister or to obtain additional information please contact LJ Milone at 301-622-1122 or [lmilone@sjbsilverspring.org](mailto:lmilone@sjbsilverspring.org). On-site registration is available and refreshments will be served.