

Silence and Solitude

“Ephphatha” “Be Opened!!!”

Centering Prayer Retreat with
Father Bill Sheehan

Monday, November 26 – First Sunday of Advent,
December 2, 2018

Holy Cross Abbey (HCA)
www.virginiatrappists.org
Berryville, VA

- 5 Full Days & 2 Half Days of Silence and Solitude in a peaceful rural setting
- Up to 3 plus hours per day of Group Centering Prayer
- Daily morning Centering Prayer begins at 5:30am
- Sunday morning Centering Prayer begins at 6:30am
- Comfortable single room with private bathroom/shower
- Opportunity to attend any or all of the five daily Liturgy of the Hour with the Trappist monks
- Eucharist celebrated with the Monks in the Abbey Church at 7:00am weekdays and Saturday
- Sunday Mass celebrated by Father Sheehan in the Retreat Center
- Daily group Conference Tuesday - Saturday presented by Father Sheehan
- Opportunity for two individual conferences with Father Sheehan

To participate in this retreat, we require that you have a well established Centering Prayer practice, preferably for at least six months. Previous retreat experience is also suggested.

Check in time is 3:00pm on Monday, November 26. Retreat ends late morning on Sunday, December 2. Check out time is 3:00pm on Sunday.

Arrival day schedule – Monday, November 26

3:00 pm	Arrive and check in and get settled
4:00 pm	Remarks by Father Sheehan followed by Orientation – Guesthouse Library Silence begins after Orientation
5:30 pm	
5:30 pm	Vespers – Abbey Church
6:15 pm	Dinner - Guesthouse Dining Room
7:30 pm	Compline – Abbey Church
8:10 pm	30 Minute Centering Prayer – Guesthouse Chapel

The number of rooms at Holy Cross Abbey Retreat House is limited to 15 single occupancy rooms. A \$260 non-refundable deposit, payable via check to Martha Johnston, is required at the time of registration to cover your \$75 room deposit and Father Bill's expenses. Holy Cross Abbey's suggested offering range for the entire 6 days, including all meals, is \$350 - \$600 (minus \$75 deposit). We suggest a minimum offering of \$450 to the Abbey. Payment of your offering by check to Holy Cross Abbey is required at the time of the retreat.

The Abbey plays no role in organizing this retreat. Please do not contact them directly. If you have questions, please contact Martha Johnston (email martha@marthajohnston.com or phone 202.237.7058).

