

Silence and Solitude

SURRENDER

Centering Prayer Retreat with

Father Bill Sheehan

Monday, March 30 – Palm Sunday, April 05, 2020

Holy Cross Abbey (HCA)

www.virginiatrappists.org

Berryville, VA



- 5 Full Days & 2 Half Days of Silence and Solitude in a peaceful rural setting
- 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 daily Liturgy of the Hour prayers with the Trappist monks
- Eucharist celebrated with the Monks in the Abbey Church weekdays and Saturday morning after Lauds which begins at 7:00am
- Palm Sunday Mass celebrated with Father Sheehan in the Guesthouse Chapel
- Daily group Conference Tuesday - Saturday offered by Father Sheehan
- Opportunity for two private 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 on Monday, March 30 is 3:00pm. Retreat ends late morning on Palm Sunday, April 05. Check out time is 2:00pm on Sunday.

Arrival day schedule – Monday, March 30

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| 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 | Vespers – Abbey Church |
| 6:15 pm | Dinner - Guesthouse Dining Room |
| 7:30 pm | Compline – Abbey Church |
| 8:10 pm | 25 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 \$185 is your portion of Father Bill's expenses. Holy Cross Abbey's suggested offering range for the entire 6 days, including all meals, is \$350 - \$600. We suggest a minimum offering of \$450 to the Abbey. Payment of your offering by check or cash to Holy Cross Abbey is required at the time of the retreat. No credit cards accepted.

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 202-340-5166).