



Shalom House is located in rural western Hanover County, Virginia. Situated on 100 acres, it is 25 miles northwest of Richmond, Virginia. The grounds include a three-acre pond, a meditation path with Stations of the Cross, a screened gazebo and many quiet places for reflection. The retreat center is owned by the Catholic Diocese of Richmond and open to people of all faith traditions.

The two guest houses provide accommodations for 32 people. The renovated original farmhouse includes a 54-seat dining hall with fireplace, cathedral ceilings and a large deck overlooking the pond. There are two additional guest rooms in the farmhouse. All three buildings are air-conditioned and handicap accessible.

Cost and Room Arrangements

Our weekend will begin with arrival on Friday afternoon after 4:00 p.m., followed by dinner, and end on Sunday at 2:00 p.m. The cost for the retreat is \$245.00 per person for a double occupancy room and \$285.00 for a single room. The commuter fee is \$150.00. All meals are included. Linens are provided for overnights. You may pay in full or with a deposit when you register. Please note that if you have a balance, it is due by October 9. With regret, refunds cannot be made for cancellations after October 9. For cancellations received prior to October 9, refunds will be issued minus a \$50 fee. The number of single rooms is limited. If you wish to be on the wait list for a single, please mark your registration form.

DIRECTIONS TO SHALOM HOUSE

From Richmond – Take I-64 west to Route 33 - Staples Mill Road (Exit 185). Follow Route 33 west (Mountain Road) toward Montpelier to Route 54 – W. Patrick Henry Road. Turn right and follow Route 54 one mile to Route 712 – Robert Terrell Road. Turn left and follow Route 712 one-half mile to the Shalom House sign (on your right).

From Virginia Beach – Take I-64 east to I-295 toward Washington. Take I-295 to Route 33 - Staples Mill Road (Exit 49A). Follow Route 33 west (Mountain Road) toward Montpelier to Route 54 – W. Patrick Henry Road. Turn right and follow Route 54 one mile to Route 712 – Robert Terrell Road. Turn left and follow Route 712 one-half mile to the Shalom House sign (on your right).

From I-295 (East and West) – Take I-295 to Route 33 – Staples Mill Road (Exit 49A). Follow Route 33 (Mountain Road) west toward Montpelier to Route 54 – W. Patrick Henry Road. Turn right and follow Route 54 one mile to Route 712 – Robert Terrell Road. Turn left and follow Route 712 one-half mile to the Shalom House sign (on your right).

From I-95 (North and South) – Take I-95 to Route 54 West (Exit 92) toward Ashland. Follow Route 54 through Ashland and continue for 10 miles to Route 712 – Robert Terrell Road. Turn right and follow Route 712 one-half mile to the Shalom House sign (on your right).

For retreat inquiries:

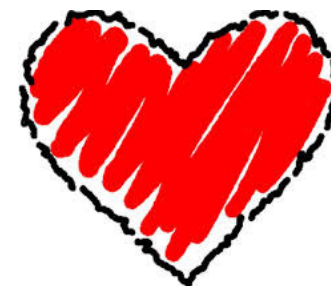
Contact Lynne Larson at 757-420-3825
or llarson24@cox.net

For information about

Shalom House Retreat Center, go to
www.shalomhouseretreatcenter.com

Shalom House Retreat Center
15340 Robert Terrell Road
Montpelier, Virginia 23192-0196
804-883-6149
Donna Poskey, Director

JOURNEY OF THE HEART



*A Weekend Centering Prayer Retreat
For Women and Men*

NOVEMBER 9 –
NOVEMBER 11, 2018
FRIDAY, 5:00 P.M. – SUNDAY, 1:30 P.M.

PRESENTED BY
FR. BILL SHEEHAN, OMI

Shalom House Retreat Center
15340 Robert Terrell Road
Montpelier, Virginia 23192-0196



Father Bill Sheehan, OMI, has been deeply committed to Contemplative Outreach since it was founded in 1983 by Fr. Thomas Keating, OCSO. For more than three decades he has led centering prayer workshops and retreats throughout the United States and abroad. He has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial, and director of the Oblate House of Theology. Among teachers of the faith journey and presence of the divine indwelling, few deserve the title "master teacher" as does Fr. Bill. He returns to Shalom House to offer a weekend of rest and renewal. Father Bill lives in the St. Eugene House Oblate Residence in Lowell, Massachusetts.



Lynne Larson, M.A. has been formally trained in spiritual direction and continues her interest in the mystics and spiritual practices. In 2004 she established *Retreats* to offer seekers a time to set aside the demands of every day life and come together for rest and spiritual renewal. She offers retreats and workshops on Julian of Norwich and other spiritual programs. She sees in ancient spiritual traditions a modern approach to heal the human condition through the constant reminder that God thirsts for us, loves us without blame and is present in all. With over 40 years of dream study and listening to thousands of dreams, she teaches and conducts dream workshops and works with individuals privately. She lives in Virginia Beach, Virginia.

The path of our spiritual journey

is an inward search for the One who loves us, who is always with us, who is "nearer to us," as St. Augustine reminds us, "than we are to ourselves." It is a journey of the heart--the home within each of us, the home of the Divine Indwelling.

Union with God is not something we acquire by a technique but by the grounding truth of our lives that engenders the search for the divine. God is neither separate from us, nor does he wish to withhold our awareness of his presence. God awaits us, calls to us, thirsts for us. The ever mounting distractions from the outer world and our own inner fears and doubts may draw us from the awareness of his love, but at the same time, God remains faithful to us, inviting us to go deep within, to draw us to our natural state of Oneness with him.

Though at times we may feel more fragile than steadfast in responding to God's unconditional love, our spiritual journey is strengthened and sustained by the practice of centering prayer. God's desire for our inner peace and happiness is expressly stated in Jesus' call for us to go into our inner room, close the door and pray to our Father in secret. A quiet weekend with companions seeking the divine presence promises to renew the spirit and nourish the soul.

Journey of the Heart Weekend Centering Prayer Retreat November 9 – 11, 2018

Name

Address

City

State

Zip Code

Home Phone

Work or Cell Phone

E-mail

Reservations are required. You may pay in full with your registration or make a deposit. The balance is due by October 9, 2018.

Please indicate your preference:

Double Room \$ 245 per person _____
Deposit \$125 Balance \$120

Single Room \$285 per person _____
Deposit \$145 Balance \$140

Commuter \$150 _____
Deposit \$75 Balance \$75

I want to be on the waiting list for a single room. _____

I want to request _____
as my roommate.

I need a handicap accessible room. _____

Make check out to **Retreats** and mail to:

Retreats
6612 Pinewood Court
Virginia Beach, VA 23464