

Silence and Solitude

F O R G I V E N E S S

Centering Prayer Retreat with

Father Bill Sheehan

Monday, March 27 – Palm Sunday, April 2, 2023

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
- Palm 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 Monastery Chapel weekdays and Saturday morning after 7:00am Lauds
- Sunday morning Eucharist celebrated with Father Sheehan in the Retreat House 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 request you have a well established Centering Prayer practice, preferably for at least six months. Previous retreat experience is also suggested. You must be willing and able to participate in the daily 5:30am - 6:30am prayer sit.

Check in time on Monday, March 27 is 3:00pm. Retreat ends late morning on Palm Sunday, April 2. Retreat House check out time is 2:00pm on Sunday.

Arrival day schedule – Monday, March 27

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| 3:00 pm | Arrive and check in and get settled |
| 4:00 pm | Welcoming remarks by Father Sheehan followed by Orientation – Retreat House Library |
| | Silence begins after Orientation |
| 5:30 pm | Vespers – Abbey Monastery Chapel |
| 6:15 pm | Dinner - Retreat House Dining Room |
| 7:30 pm | Compline – Abbey Monastery Chapel |
| 8:10 pm | 25 Minute Centering Prayer – Retreat House Chapel |

The number of rooms at Holy Cross Abbey Retreat House is limited to 15 single occupancy rooms. A \$270 non-refundable deposit is required along with this completed registration form. Of the \$270 deposit, \$195 is your share of Father Bill's expenses; the remaining \$75 will be used to pre-pay your required room deposit to Holy Cross Abbey. Holy Cross Abbey's suggested offering range for the 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.

If this is not clear, please contact Martha and she will explain the payment scenario.

The Abbey plays no role in organizing this retreat. Please do not contact HCA directly. If you have questions and/or would like a registration form, please contact Martha Johnston (email martha@marthajohnston.com or phone 202-340-5166).