

Silence and Solitude

FINDING THE PLACE OF THE HEART

Centering Prayer Retreat with

Father Bill Sheehan

Monday, October 16 – Sunday, October 22 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 sit begins at 5:30am
- Sunday morning Centering Prayer sit 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 immediately following 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 silent Centering Prayer sit.

Check in time on Monday, October 16 is 3:00pm. Retreat ends late morning on Sunday, October 22. Retreat House check out time is 2:00pm on Sunday.

Arrival day schedule – Monday, October 16

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 sit – 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 the 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. HCA's suggested offering range for the 6 days, including all meals, is \$350 - \$600. Father and I 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).