This Autumn at the Wisdom Centre



Deepening Silence:
A Centering Prayer Retreat

Friday, September 29 - Sunday, October 1, 2023

"The truly sacred place is where you are." Thomas Keating

Join presenter Liz Rees for a weekend of silence and Centering Prayer at Kings Fold Retreat Centre. This retreat will bring us together to pool our silence as we open ourselves to transformation. There will be multiple sessions of Centering Prayer, opportunities for individual contemplation and nature walks, and wisdom teachings from Thomas Keating on the theme of finding the Sacred in what is seemingly ordinary. We will share a conversational meal at the end of the retreat to celebrate our journey together.



To register, go to Deepening Silence or www.wisdomcentre.ca

WISDOM CENTRE