

6:00pm Friday, Nov. 20 to
1:30pm Sunday, Nov. 22, 2020

A Sunrise of Wonder: A Contemplative Prayer Intensive

Fr. Martin Laird, OSA



The purpose of this retreat is to provide those who practice contemplation the time and space to deepen their practice (call it centering prayer, Christian meditation, the great Mindfulness - these labels do not go as deeply as we go). By sitting together in supportive silence at intervals throughout the course of the day, we deepen our contemplative practice by releasing ever more generously into it. By not attending to the powerful habits of our own inner noise that sustain the illusion of separation from God and create so much suffering, these habits gradually lose their gripping power. The immensely vast silence already within us continues to expand as we are un-selfed of self only to realize (not acquire) ourselves ever hidden with Christ in God (Col 3:3).

Through conferences by Fr. Martin we will consider some of the great stumbling blocks on the contemplative path ~ judging our practice; afflictive thoughts; boredom; trying too hard to make something 'spiritual' happen; intractable depression; turning ourselves into our pet contemplative project; the spirituality marketplace, among other topics. The retreat will be held in silence.

Fr. Martin Laird, OSA, is an Augustinian friar and Professor of Early Christian Studies at Villanova University near Philadelphia. Among his writings are *Into the Silent Land*; *A Sunlit Absence*; and *An Ocean of Light*.

Cost: \$250 per person, single rooms only; commuter \$160

To register call José at (310) 377-4867 ext 250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

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"Contemplative Prayer Intensive" Fr. Martin Laird, OSA, Nov. 20-22, 2020

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