

Centered in Silence, Rooted in Love: A Contemplative Lenten Weekend

“On some given day
one suddenly becomes conscious
that they are alive to a particular perception of the divine
spread everywhere about them.”

--Pierre Teilhard de Chardin, S.J.

Friday, March 14 – Sunday, March 16, 2025

This weekend, anchored in silence, stillness, and the practice of Centering Prayer, provides an opportunity to reflect on the Lenten invitation to “be still and know” God within your heart and among spring’s emerging life on the Gloucester shore.

There will be brief scheduled periods for communal early morning prayer, Centering Prayer, *lectio divina*, contemplative walks (weather permitting), and fireside evening prayer. The remaining time is unstructured for private reflection, prayer, and rest. A Catholic liturgy will be offered on Saturday afternoon. Previous experience with Centering Prayer is helpful but not necessary; an overview of the practice will be provided. The fee of \$475 includes overnight accommodations, program, and all meals, from dinner at 6:00 p.m. Friday through lunch on Sunday. (All meals on Saturday through Sunday breakfast will be silent.) Guests may arrive anytime from 2 p.m. on Friday. The retreat program ends at noon on Sunday; lunch will follow. To register, visit easternpoint.org, go to “Retreats 2025,” and scroll down to “2025 Guided Retreats.”



Anne A. Simpkinson has been practicing Centering Prayer (CP) since 1996. She is a certified Introductory CP retreat leader, and, while living in New York City, she served as a CP facilitator at St. Bartholomew's and St. Ignatius Loyola churches as well as co-coordinator of Contemplative Outreach for three years. She currently facilitates contemplative prayer and writing retreats in Connecticut and Massachusetts.

Claire Rusowicz is a spiritual and retreat director and spiritual director supervisor, with more than 25 years' experience working with groups and individuals. Based in Connecticut and Massachusetts, she currently works in private practice and serves as a guest retreat director at centers in both states. Claire is also a member of the College of Directors at Fairfield University's Murphy Center for Ignatian Spirituality in Connecticut. Together, they co-facilitate Centering Prayer contemplative prayer retreats in New York and New England.