CENTERED IN SILENCE, ROOTED IN LOVE: A CONTEMPLATIVE RETREAT

April 1 – April 4, 2027

Arrive Thursday between 2-5pm, depart Sunday after Mass before 12pm

This retreat, anchored in silence, stillness and the practice of Centering Prayer, provides an opportunity to reflect on the Easter season's invitation to "be still and know " God' s new stirrings within the inner room of 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 evening prayer. The remaining time is unstructured for private **reflection, prayer, and rest.** Previous experience with Centering Prayer is helpful but not necessary; an overview of the practice will be provided.

This retreat is led by Anne A. Simpkinson and Claire Rusowicz.

Learn more and register using the QR code or at **easternpoint.org**

"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 , SJ.