**Centered in Silence, Rooted in Love:**

**A Contemplative Lenten Weekend**

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“I am, you anxious one.

Do you not hear me

rush to claim you with each eager sense?

…Here my spirit in its dress of stillness

stands before you, -- oh, do you not see?”

-- ***Rainer Maria Rilke***

from *Poems from the Book of Hours*

Friday, March 18 – Sunday, March 20, 2022

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

There will be scheduled periods for communal Centering Prayer, *lectio divina*, contemplative walks and evening prayer. The remaining time is unstructured for private reflection, prayer and rest. A Catholic liturgy will be offered on Saturday afternoon. No previous experience with centering prayer is necessary; an overview of the practice will be provided. The fee of $425 includes overnight accommodations, program and all meals, from dinner at 6:00 p.m. Friday night through lunch on Sunday. (All meals on Saturday through Sunday breakfast will be silent.) Guests may arrive anytime from 3 p.m. on Friday. The retreat program ends at noon on Sunday; lunch will follow. To register, visit [easternpoint.org](https://www.cvent.com/events/march-12-14-2021-centering-pray-silent-weekend/registration-e80151d9d9f74fbf8302576a543ee6a9.aspx?fqp=true) and go to “Retreats,” and then to “2022 Weekend Retreats.”

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***Claire Rusowicz*** *is a certified spiritual and retreat director, and spiritual director supervisor, with more than 20 years working with groups and individuals in Connecticut, New York and Massachusetts.*

*Together, they are co-facilitators of Centering Prayer groups and contemplative weekend retreats in New York and New England, and host centering prayer groups online.*