

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

“All creation holds its breath, listening within me,  
because, to hear you, I keep silent.”

-- *Rainer Maria Rilke*

from *Poems from the Book of Hours*

**Friday, March 10 – Sunday, March 12, 2023**

This weekend, anchored in silence and the practice of Centering Prayer, provides an opportunity to reflect on the Lenten invitation 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 (weather permitting) 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 2 p.m. on Friday. The retreat program ends with Mass on Sunday; lunch will follow. To register, visit [easternpoint.org](http://easternpoint.org) and go to “Retreats,” and then to “2023 Guided Retreats.”



**Anne A. Simpkinson** has been practicing Centering Prayer (CP) since 1996. She is a certified Introductory CP Workshop leader, and, while living in New York City, served as co-coordinator of Contemplative Outreach for three years and as a CP facilitator at St. Bartholomew's and St. Ignatius Loyola churches.

**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.