



JANUARY 20-22, 2017

CENTERING PRAYER

NEW YEAR RETREAT

St. Anthony Retreat Center in Three Rivers, CA

Centering Prayer is a time-honored prayer practice in the Christian tradition that has helped Christians to prepare for and deepen the gift of contemplative prayer. An Introductory retreat offers instruction and practice on the method of Centering Prayer and discussion about its conceptual background. We will learn from skilled facilitators, DVD's and small group discussion. *Come aside and rest in God.*



CONTEMPLATIVE
OUTREACH®

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

**“Be still and know that
I am God.”**

--Psalm 46:10

**“Silence is God’s first
language.” –Thomas
Keating**

**“Come aside by
yourselves to a
deserted place and
rest a while.”**

–Mark 6:31

**Rest.
Refresh.
Renew.**

CONTEMPLATIVE OUTREACH OF CENTRAL CALIFORNIA

3325 Roberts Ave.
Clovis, CA 93619

Contact Registration at:

559-230-9736

centeringfriends@gmail.com



CENTERING PRAYER RETREAT

Whether your interest is deepening your relationship with God, relief from the stress of daily life, or learning about contemplative prayer, why not take some time this summer to learn and practice Centering Prayer? There will be plenty of time to rest and enjoy the beautiful retreat center. This workshop refreshes the spirit and deepens our commitment to a regular practice of Centering Prayer.

Save by registering before July 5th. Shared room: \$245. Private Room: \$285. Includes 2 nights lodging & 6 nutritious meals. \$20 late registration after January 9th. Retreat begins Friday, January 20th at 6:00 p.m. with dinner and ends Sunday, January 22nd at 1:00 p.m. after lunch. *Register now to save your space.*



Contemplative Outreach of Central California

Facilitators:

Juan C. Garcia, Ph.D., LMFT, Director of Contemplative Outreach of Central California's Retreat Ministry. He is founder and Director of Integral Community Solutions Institute, a transformative counseling center in downtown Fresno. Juan has been practicing as a Marriage and Family Therapist and professor for 30 years. Trained as a cultural anthropologist at Stanford University, his teachings explore the psychological and emotional healing aspects of Centering Prayer.

Everardo Pedraza, M.A., M.S., is a Marriage and Family Therapist Intern and Certified Integral Therapist at Integral Community Solutions Institute in Fresno. He serves as Coordinator of Contemplative Outreach of Central California. He earned a Master of Arts in Contemplative Christian Spirituality from the Franciscan School of Theology at the Graduate Theological Union in Berkeley in 2007 where he studied the Franciscan mystical tradition and the pioneering work of Father Bede Griffiths,

**PLEASE MAKE PAYMENT
PAYABLE TO "COCC" AND
MAIL TO:**

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