



Contemplative Outreach and First United Methodist Church invite you to the Celebrating Life Centering Prayer Commuter Retreat July 6 to 10, 2020 at FUMC in the Springs

Anyone with an established Centering Prayer practice is invited to participate in this Celebrating Life Centering Prayer Commuter Retreat being held at First United Methodist Church in Colorado Springs, July 6 to 10, 2020. Many of you have experienced Father Carl Arico's three questions – what needs to be healed, what needs to be forgiven, and above all what needs to be celebrated more? This retreat will focus on what needs to be celebrated. The retreat team will invite you to focus on those three questions and encourage you to look at your life through the lens of your human condition, daily routine, prayer practices, graces and the manifestation of God in your life.

The conferences will be embraced by the retreat schedule: several 30-minute Centering Prayer periods, silence and the support of one another as we celebrate life by reflecting on how God has shepherded us through the stages of our life. This retreat is a rare opportunity to experience what needs to be celebrated from the gift of Centering Prayer and the teachings of Fr. Thomas' Spiritual Journey series in your own life. Let us make a joyful sound of gratitude and appreciation in the silence for the gift that keeps on giving.

Cost \$300 with a \$125 non-refundable deposit. Includes lunch each day.

Schedule The retreat begins with arrival at 8:30am. Each day will consist of centering prayer periods intertwined with conferences presented by our retreat leaders. Lunch is included. Each day concludes at 5pm where participants are invited to retire to their home for sabbath rest. In the evening, participation from home in a Lectio Divina liturgy through phone conference will be offered. To keep the flow and safe space of a retreat, participants are asked to commit to attending the entire retreat.

Alternative Housing Because of the amount of meditation it is advised you have housing no more than 30 minutes from the church. Nine rooms at Benet Hill Monastery Retreat Center in the Black Forest have been reserved to accommodate our out of town retreatants. Please call Eileen Beuler at 719.633.0655 extension 132 to make reservations. Ask her for the Celebrating Life retreat pricing.

Retreat Team

Fr. Carl Arico Contemplative Outreach founding member, 85 years old and still at it.

Rev. Dr. Todd Spencer Minister of Spiritual Formation and Spiritual Director at First United Methodist Church, Colorado Springs.

Leslee Anne Terpay Spiritual Director from Lone Tree, CO. Centering Prayer and Lectio Divina Retreat Leader for Contemplative Outreach.

Registration Form Registration deadline June 1
I would like to register for: Centering Prayer Celebrating
Life Commuter Retreat (July 6–10, 2020)

Name _____

Address _____

City _____

State _____ Zip code _____

E-mail _____

Phone _____

Special Dietary needs: _____

Enclosed is:

- \$125 non-refundable deposit
(Remainder due on first day of retreat)
- \$300 full payment for commuter retreat

Make checks to FUMC and put in memo line: Fr.
Carl Retreat 2020. Mail with registration form to:
FUMC
C/O Lisa Szumigala
420 N. Nevada Ave.
Colorado Springs, CO 80903

Retreat Questions Contact

Leslee Terpay

720.315.8120

co-leslee@comcast.net