

Holistic Directed Retreat

Anticipating the New Life of the Coming Spring

Feb. 28 - March 6



Presented by:
The Center Within



Come 2 or more days
At Mount St. Joseph

This retreat provides a space to gather with women and men in a circle of faith, silence, and prayer. Each day you will have the opportunity to meet with a spiritual director to assist you in listening to the Divine Spirit within you, and to help you find your own personal way of prayer.

The retreat begins with registration 10:00 AM on Monday, Feb. 28, and ends with communal prayer beginning at 1:30 PM on Sunday, March 6.

Opportunities within the retreat to assist in contemplating your body/mind/spirit self include:

Sitting Meditation Tai Chi Time in Nature
Massage and Energy Healing Walking a Labyrinth Daily Spiritual Direction
Daily Prayer with the Gathered Community

Staff of the Center Within:

Kathleen Hartman Blackburn, Elmer Fischesser, Mary Ann Humbert, SC, Julie Murray,
Linda Young, Donna Steffen, SC, Jenny Straw, Jean Marie Stross, Jan Turala

The Sisters of Charity Motherhouse is located at 5900 Delhi Road on the west side of Cincinnati. There are spacious grounds and an outdoor labyrinth for walking. Retreatants have private rooms with sinks.

Fee: \$80. - \$110./day

\$560.-\$770. For entire retreat. Add \$25 if postmarked after Feb. 7. (refunded if cancel by Feb. 14.)

Fee includes: room and board, daily spiritual direction, liturgy, morning meditation, tai chi, brochures, mailing, and administration.

We offer a sliding scale to allow the diversity of people we serve to participate, while working towards a just stipend for those working on the retreat. Scholarship assistance is available upon request.

Massage and Energy Healing sessions are an additional \$50-\$55.

Registration Form (Please Print) (Spring Retreat)

Name _____ Address _____

City _____

State _____ Zip _____ H Phone _____ Cell or Work Phone _____

E Mail: _____ I will arrive (day +time) _____, I will leave (day+time) _____

_____ I will be here for the Whole Retreat

_____ Yes, I do want a massage. (If applicable) I have contacted _____ to be my spiritual director.

Send a \$50. deposit (\$25. refundable before April 11) with this registration. Make checks payable to:

The Center Within, PO Box 6027, Cincinnati, OH 45206

Contact: Donna Steffen 513.751.3358 or Jean Marie Stross 513.681.8881 or TheCenterWithin@aol.com

www.TheCenterWithin.org