

Finding the Quiet Centre

April 27, 7pm– Apr. 29, 1pm
at St. Benedict's Retreat Centre

Treat yourself to this weekend which will include periods of group silent meditation, Lectio Divina, solitude, as well as group learning and reflection through DVD teachings, mindfulness activities and creative expression.

Tuition, Meals & Private Room \$195;
Shared \$175 (Deposit req'd to hold your spot)

This retreat is open to **ALL** who have a regular practice of silent prayer.



Jacquie Reimer (I) lives in Winnipeg where she explores the arts and works as a counselor and community outreach worker.

Lynn Langdon is a mother, educator in music and drama, and a member of her church worship team.

Both are commissioned presenters of Centering Prayer.

St. Benedict's Retreat & Conference Centre
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