

Retreat begins:

Monday, February 12

Arrival: 4:00 pm

Dinner: 5:30 pm

Opening session: 7:00 pm

Retreat ends:

Sunday, February 18

following lunch

Retreat fees: \$575. Mon. - Sun.

(Includes \$50. deposit, room, meals and program)

Partial scholarships available.

Please register by Feb. 1, 2024

Final payment due Feb. 1, 2024

For further information, contact:

Sharon Allen

502-417-8721

sksallen13@gmail.com

***KNOBS HAVEN from I-65**

Take exit **112** for **KY-245** 0.3 mi

Turn onto **KY-245 S** toward Bardstown 18.8 mi
(In Bardstown, cross the major intersection at 31-E, staying on KY-245)

Turn left onto **US-150 E/Springfield Rd** 12.5 mi

Continue to follow **US-150 E**
At the red light, turn right onto **US-150 BUS** 0.2 mi

At the traffic circle, take the **3rd** exit and stay on **US-150 BUS** 0.9 mi

Turn right onto **KY-152 W** 9.6 mi

Turn right at **Loretto Motherhouse**, and right to parking lot at Knobs Haven

*For detailed directions from other locations, visit the website for Knobs Haven at: www.lorettoretreatcenters.com

For assistance while traveling, call: 270-865-5811

*Contemplative Outreach
of Louisville*

is offering a

**Centering Prayer
7 Day Intensive
and
Post Intensive
Retreat**



February 12 - 18, 2024

Knobs Haven Retreat Center
Loretto Motherhouse
Nerinx, Ky.

Centering Prayer Int/ Post Intensive Retreat

Please register by Feb. 1, 2024

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Special needs _____

Please check one:

Intensive _____

Post Intensive _____

1. \$50. deposit enclosed____
(final payment due by February 1)

2. Check payable to:
Contemplative Outreach of Louisville

3. Mail completed form with deposit to:

Centering Prayer Weekend Retreat
c/o Sharon Allen
3021 Meadowview Circle
Louisville, Ky. 40220

*Or you may make the deposit and payments using
the Donate button on our webpage.*

BE STILL
AND
KNOW
THAT
I AM GOD.

PS. 46:10



Knobs Haven is located on the Sisters of Loretto's spacious farmland which includes three small lakes, walking paths,

wooded areas and a gallery of the resident artist. Bring comfortable clothing and shoes for walking.

Retreat rooms are located in the two story Knobs Haven retreat house and on the third floor of the former Academy building.

Please note on the registration if handicapped accommodations are needed.



A Centering Prayer Intensive/ Post Intensive Retreat

An opportunity to deepen the practice of Centering Prayer and Lectio Divina in an atmosphere of silence, within community, and with an experience of solitude.

Two tracts: The Intensive retreat is for anyone who hasn't been on a Centering Prayer Intensive Retreat and includes video presentations by Fr. Thomas Keating.

The Post Intensive retreat is for anyone who has previously been on a Centering Prayer Intensive Retreat and offers an opportunity for a deeper silence.

Facilitators:

Sharon Allen and Judy Sharer are experienced Centering Prayer retreat facilitators and spiritual directors.

Judy is a commissioned Centering Prayer and Lectio Divina presenter for Contemplative Outreach, LTD.

Sharon is the Coordinator for *Contemplative Outreach of Louisville.*