



During this Lenten Season...
**Holistic Directed Retreat For
 Women and Men**

March 5-11, 2012

Come 2 or more days.

Presented by: The Center Within Held at:

Sisters of Charity Motherhouse, Mt. St. Joseph, Ohio

This retreat provides a space to gather with others 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, March 5, and **ends** with communal prayer beginning at 3:00 PM on Sunday, March 11, 2010.

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, Mary Ann Humbert, Julie Murray, Linda Young,
 Donna Steffen, Jenny Straw, Jean Marie Stross, Jan Turala

Place: Sisters of Charity Motherhouse, 5900 Delhi Road, on the West side of Cincinnati, has spacious grounds and an outdoor labyrinth. Each retreatant has a private room with a sink.

Fee: \$80. - \$130./day \$560.-\$910. for entire retreat. \$180.-\$230. (Fri evening till end.).

\$50. Deposit. Add \$25 if postmarked after Feb. 13. \$25 refunded if cancel by Feb 24.

Fee includes: room and board, daily spiritual direction, communal prayer, 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)

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 Feb 24) with this registration. Make checks payable to:

The Center Within, PO Box 6027, Cincinnati, OH 45206 Or **register online** at <http://marchholistic.eventbrite.com> at

Contact: Linda Young 513-602-9584 or email TheCenterWithin@aol.com www.TheCenterWithin.org