

A Centering Prayer Weekend Retreat

“Mindfulness: Finding God in All Things”

Featuring Dr. Ryan Niemiec

Friday, Sept. 21 – Sunday Sept. 23, 2007



Fall at the Marianist Retreat Center

**Marianist Retreat Center,
Hwy. 109 in Eureka, MO**
Gathering at 4:30pm Friday-
Concludes at 1pm Sunday
(Optional Eucharist follows)

Cost: \$200, includes private
room with bath and linens
and 6 meals

Who should attend?

Anyone seeking a deeper
relationship with God, a
Higher Power or “something
greater.”

The Conferences – How aware are we of God in our daily lives? Between our periods of prayer, there are many ways we can pay attention to the present moment. Whether it's at social events, reading, eating, walking, watching TV or a movie...all our self-care activities...there is always an opportunity to become more aware of God in the experience. Dr. Niemiec will address these and the roles of self-compassion and mindful consuming in helping us realize the fruits of the practice of Centering Prayer.

Silence and Prayer – There will be 5 periods (3 hours total) of Centering Prayer offered between conferences during the weekend. Silence is observed outside the conference setting from retiring Friday night until lunchtime on Sunday.

Presenter Ryan M. Niemiec, Psy.D., works with the Psychology and Religion Program at St. Louis Behavioral Medicine Institute. He is a clinical psychologist helping people of diverse spiritual traditions gain awareness of the mutual interaction of the mind and body. Dr. Niemiec teaches in various settings, applying this approach to aid in “healing” rather than “quick fixes” or “cures.” He believes all can identify ways they are connected with God in their lives.



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Fall Retreat Registration Form

September 21-23, 2007

Name _____

Address _____

City, State, Zip _____

Phone _____ E-mail _____

I have attended an Introductory Workshop on Centering Prayer Yes No (the method will be taught at the retreat)

Special dietary or physical needs – please contact me for information

Please enclose your check for \$200.00 made payable to COSTL and mail to:
Contemplative Outreach of St. Louis, 11939 Manchester Road #402, St. Louis, MO 63131