

# Centered in Silence, Rooted in Love: A Contemplative Lenten Weekend

“Matter is spirit moving slowly enough to be seen...  
As we see, so we love, and the more perfectly and purely we see,  
the more perfectly and purely we love.”

--Pierre Teilhard de Chardin, S.J.

**Friday, March 8 – Sunday, March 10, 2024**

This weekend, anchored in silence and the practice of Centering Prayer, provides an opportunity to reflect on the Lenten invitation to “be still and know” God within the inner room of your heart and among spring’s emerging life on the Gloucester shore.

There will be scheduled periods for communal Centering Prayer, *lectio divina*, contemplative walks (weather permitting), and evening prayer. The remaining time is unstructured for private reflection, prayer, and rest. A Catholic liturgy will be offered on Saturday afternoon. No previous experience with centering prayer is necessary; an overview of the practice will be provided. The fee of \$475 includes overnight accommodations, program, and all meals, from dinner at 6:00 p.m. Friday night through lunch on Sunday. (All meals on Saturday through Sunday breakfast will be silent.) Guests may arrive anytime from 3 p.m. on Friday. The retreat program ends at noon on Sunday; lunch will follow. To register, visit [easternpoint.org](http://easternpoint.org) and go to “Retreats 2024”, and scroll down to “2024 Guided Retreats.”



**Anne A. Simpkinson** has been practicing Centering Prayer (CP) since 1996. She is a certified Introductory CP retreat leader, and, while living in New York City, served as co-coordinator of Contemplative Outreach for three years and as a CP facilitator at St. Bartholomew's and St. Ignatius Loyola churches. She currently facilitates contemplative prayer and writing retreats in Connecticut and Massachusetts.

**Claire Rusowicz** is a spiritual and retreat director and spiritual director supervisor, with more than 25 years' experience working with groups and individuals. Based in Connecticut and Massachusetts, she currently works in private practice and serves as a guest retreat director at centers in both states. Claire is also a member of the College of Directors at Fairfield University's Murphy Center for Ignatian Spirituality in Connecticut.

Together, they are co-facilitators of Centering Prayer groups and contemplative weekend retreats in New York and New England.