

The Heart of Contemplation

with David Frenette

Open yourself to the gift of seeing God in your daily life and relationships.

Explore interior attitudes, practices and skills that foster contemplative living from the heart

Rooted in Father Thomas Keating's teachings on contemplative transformation in Christ, this retreat also goes into new territory designed for those whose practice has created a yearning for something more, something deeper.

The weekend includes Centering Prayer, presentations, experiential exercises, times of silence and discussion.

Register by May 16 for a \$25 discount on registration. Registration closes on the earlier of June 2 or when the class fills.

Cost: \$225/250

Friday, June 13 at 7:00 p.m.
to Sunday, June 15 at 1:30 p.m.

During the 1950's and 60's, teachers such as the Trappist Monk Thomas Merton helped bring forth the inner riches of Christian spirituality. A generation later, Father Thomas Keating taught practices such as Centering Prayer as a way of practicing what Merton pointed to. Keating developed a modern psychology of the interior life, a support structure of prayer groups, and brought his insights as an abbot and wisdom teacher to the development of Centering Prayer practice.

Now, a third generation of renewal in Christian contemplation, designed to take Centering Prayer to the next level of insight and effectiveness, is built upon the solid foundation of the first two. It brings insights to integrate contemplative practice with the pressured demands of modern life.

"Incarnational Centering Prayer" is the system developed by David Frenette to provide practical guidance on applying these teachings. It unearths these hidden treasures so that you can better recognize them as God brings them to life in your own practice.

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to Sunday, June 15 at 1:30 p.m.

Register by May 16 for discount
Registration closes June 2, 2008 or when full

Name

Profession

Address

City State ZIP

Phone (Day)

Phone (Evening)

To receive a confirmation please provide your e-mail address.

Cost: \$225/250
includes room, meals

Amount Enclosed: _____

Make checks payable to Transformations and
Mail to: 3427 Gull Road, PO Box 02
Nazareth, MI 49074

David Frenette

David Frenette is a long time student of Father Thomas Keating the Trappist monk and animator of Centering Prayer. David has worked with Contemplative Outreach for 24 years. He co-founded and taught at a Centering Prayer retreat community for 10 years, and is now an adjunct faculty member at Naropa University, and is a spiritual director and counseling psychologist. David's work teaches Centering Prayer as a path for integrating the divine life of God with our human life, and is described on the website: www.incarnationalcontemplation.com.



David Frenette (left) with Fr. Thomas Keating.

The first part of the Christian journey is to realize that there is an Other. The second part is to become the Other. The third and greatest part is to realize that there is no Other.

Thomas Keating

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in partnership with:
FETZER INSTITUTE 

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