

# Welcoming Forgiveness - A Centering Prayer Retreat With Mary Dwyer

Mt. Angel Abbey Guesthouse, September 5-10, 2023  
Sponsored by Contemplative Outreach of Portland & Willamette Valley



**This 6-day retreat will explore the dance between  
Welcoming Prayer and Forgiveness.**

**There will be extended periods of Centering Prayer, Silence & Solitude.**

**Welcoming Prayer** is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. Its purpose is to deepen our relationship with God through consenting in the ordinary activities of our day – "consent-on-the-go."

**The Forgiveness Prayer** is a way to open to God's healing presence and action when you are hurt, wounded or offended. The Forgiveness Prayer is a prayer which God uses to teach us to forgive.

**Prerequisite:** Established Centering Prayer Practice



Retreat Facilitator Mary Dwyer

**Mary Dwyer** is a long time student of Fr. Thomas Keating and has been practicing Centering Prayer since the 1980's. In the early 1990's she lived at Chrysalis House, a contemplative live-in community experiment blessed by Fr. Thomas. Her housemates included Mary Mrozowski, David Frenette and Cathy McCarthy. The community lived according to a rule of life and became an incubator of practice and programs in the early years of Contemplative Outreach's growth. It was her experience at Chrysalis House that proved to her that a life of prayer, consent and practice is real, stable and deeply rewarding.

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**Registration Fee: \$950 if paying by check; \$975 via PayPal**

**Deposit: \$150 to reserve a place**

***Balance due by August 1, 2023***

**[Fees refundable minus \$50 until August 1; nonrefundable after August 1]**

**Fee includes 5 nights in a private room with bath, all meals, and retreat leader costs**

**Partial scholarships available – contact Patricia, [patricia.a.lacy@gmail.com](mailto:patricia.a.lacy@gmail.com)**

**Arrival: between 3:00 & 4:00 pm on Tuesday September 5**

**Departure: check out of guestroom by 11 am Sunday September 10**

**To register by check, email Benneth for mailing address:**

**[bhusted@easystreet.net](mailto:bhusted@easystreet.net)**

**Or if you prefer to pay online, go to COOP website:**

**<https://www.contemplativeoutreachportland.com>**