

# From the Mind to the Heart: Exploration of Intuitive Wisdom on the Spiritual Journey



A Weekend Retreat to Deepen the  
Contemplative Dimension of Life

**February 9-11, 2018**

**Begins with Supper on Friday at 6:00 PM; ends Sunday late morning**

**The Portiuncula Center for Prayer**

9263 West Saint Francis Road  
Frankfort IL 60423

*The two nearest rail stations to "The Port":  
Hickory Creek (Rock Island Line) and Matteson (Metra Electric Line)*

**Retreat Guide: Alan Krema**

**Sponsored by Contemplative Outreach - Chicago**

This retreat will explore the embodied Wisdom dimension of the spiritual journey. We will explore attentiveness to our wholeness in mind and heart and how this can deepen presence in Centering Prayer, Welcoming Prayer, and Lectio Divina. Those present will be offered opportunities to access our interior being through the heart as an embodied connection to Christian contemplative spirituality.

### ***What can I expect on this retreat?***

*Registration and room check-in at "The Port" begin at 5 PM on Friday. Dinner is served at 6. The retreat begins at 7.*

This is primarily a silent communal retreat punctuated with small conferences and some time for optional sharing. Saturday meals will be in silence.

Mass is available on-site on Sunday morning with our hosts, the Franciscan Sisters of the Sacred Heart, across from the Port.

### ***What do I need to bring?***

You may wish to bring your personal copy of the scriptures, although each room in the Port has a copy of the scriptures in them. Other useful items: (1) an alarm clock, and (2) if you normally use something other than a chair for your centering prayer periods, then bring what you use so that your prayer periods will be physically comfortable.

Wear comfortable clothes and shoes. St. Francis Woods, the property surrounding the retreat center, has many walking trails both paved and unpaved, in an attractive park and an inviting forest and creek.

Each Lodger will have a private room with a desk, sink, bed, comfortable chair and closet. The showers and toilets are located off the hallways. Commuters will have the many quiet spaces and comfortable lounge chairs spread throughout the Port.

**Who is the guide for the retreat?**

Alan Krema is a Wisdom student with Cynthia Bourgeault and has completed the Living School program at the Center for Action and Contemplation. Alan is a long time practitioner of centering prayer as well as facilitator of several centering prayer groups. Alan currently serves as chapter coordinator for Contemplative Outreach Chicago

**Prerequisite?**

Please have a regular practice of centering prayer before registering for this retreat.

**TWO WAYS TO REGISTER**  
**Lodger:** 2 nights lodging and five meals.  
(6:00 PM Friday – 12 PM Sunday)  
**Commuter:** no lodging, five meals  
(6:00 PM Friday – 12 PM Sunday)

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**Winter Weekend Retreat Registration Form**

February 9-11, 2018 // 6:00PM Friday – 12:00pm Sunday

     **Lodger:** \$230 includes five meals, two nights lodging in a private room, and materials.

(Double occupancy \$210: please indicate your roommate \_\_\_\_\_)

     **Commuter:** \$140 includes five meals, retreat common spaces, and materials.

**Lodging is limited, so please register early to ensure overnight accommodations.**

Your name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Scholarship financial assistance is available. Contact registrar for more information.

Please make your check payable to Contemplative Outreach and mail it, along with this completed registration form, **to arrive no later than February 3**, to:

**Barb Krema**  
**822 Bakewell Lane**  
**Naperville IL 60565**

*(registrar-afw@centeringprayerchicago.org)*

Or... Register online at  
[www.centeringprayerchicago.org](http://www.centeringprayerchicago.org)  
through February 4