

During this retreat Tom S. will discuss Meditation as a healing force of the unconscious and fulfillment of the 12 Promises. Including discussions on “Emotional Sobriety , The Next Frontier” by Bill W. from 1958 and why it is still a frontier. Sessions will include four meditation periods and what the role of Centering Prayer is in these endeavors.

**In Centering Prayer
the sacred word is not the object of the
attention but rather the expression of
the intention of the will.**

- Thomas Keating



**Picture of
Tom Skinner & Fr. Thomas Keating
Co-Authors of the book -
Divine Therapy & Addiction:
Centering Prayer & the 12 Steps**



Prayer & Meditation Retreat

Presenter for our retreat is

Thomas Skinner

who is a co-author of the book

**Divine Therapy & Addiction :
Centering Prayer & the 12 Steps**

Friday, August 25th – Sunday, August 27th, 2017

Single Occupancy Rooms: \$225 per person

Double Occupancy Rooms: \$150 per person

Register online at www.GraymoorCenter.org.

*The Graymoor Spiritual Life Center is a ministry of the Franciscan Friars of the Atonement
Visit www.AtonementFriars.org for additional information.*

Prayer & Meditation Retreat

Both fees include all content of our retreat, the two overnight stays and all meals starting with Saturday's breakfast and ending with lunch on Sunday. The Center has vending machines with snacks and beverages but you are welcomed to bring your own and store it in our guest lounge refrigerators. Towels, linens and one pillow per bed are provided and bathrobes are recommended for shower use. Please bring your own alarm clock, any extra pillows and toiletries you may need.

Pre-registration is required as retreats are limited in number of participants. If registering through the mail please verify beforehand that space is still available. The deadline for registration is one week before the retreat.

A \$50 deposit per person is due at the time of registration and is non-refundable or transferable should you cancel for ANY reason.

We appreciate payment in full at the time of registration as it will make the registration process go faster on the day of your arrival, but we do not require it. We recommend that you pre-register online by visiting www.graymoorcenter.org. Our website will have the most up to date information on the retreat. If you are unable to register on our website you can also call us at 845-424-2111.

For our Prayer & Meditation retreat, arrival will be between 5:00 PM – 7:00 PM on Friday to complete the registration process in the Spiritual Life Office on the 5th floor. **Please do not arrive early as rooms and staff may not be adequately prepared at earlier times.** The retreat ends after Sunday lunch at 12:15 PM. Balances, if any, are due at the time of arrival and can be fulfilled by either cash check or major credit cards. Schedules and room assignments are prepared the day of the retreat and will be supplied upon arrival.

Graymoor is located off US Route 9 in Garrison, NY, five miles north of Peekskill, NY, and 13 miles south of I-84. Use 40 Franciscan Way, Garrison, NY 10524 for GPS assisted driving directions.